

# BEAT the Get your shot!

People 6 months of age and older should be immunized ... every year!

Stay healthy this winter. Protect yourself and the people around you from the flu by getting your flu shot. Health Canada recommends the flu shot for all healthy children and adults every year and particularly for:

- people with a serious long-term health problem, such as heart, kidney or lung (including asthma) disease
- people with diabetes, cancer, a blood disorder or a weak immune system
- people who live, work or volunteer in a healthcare or long-term care facility, chronic care institution or retirement home
- people 65 years of age or over
- healthy children aged 6 to 23 months
- those who live with a person who is at increased risk of complications from flu
- those who provide regular care for children aged 0 to 23 months, both in and out of the home
- those who provide services within relatively closed settings to persons at high risk
- emergency services workers (paramedic, firefighter or police)
- pregnant women
- breastfeeding women

## 2007 Flu clinic locations, dates and times

Aurora	Markham	Richmond Hill
<b>Aurora Community Centre</b> Aurora Heights Dr., Aurora November 10 10 a.m. - 5 p.m.	<b>Thornhill Community Centre</b> 7755 Bayview Ave., Markham November 5 3 p.m. - 7 p.m.	<b>Elgin Barrow Arena</b> 43 Church St. S., Richmond Hill November 13 3 p.m. - 7 p.m.
<b>East Gwillimbury</b>	<b>Bayview Glen Alliance Church</b> 300 Steeles Ave. E., Thornhill November 28 3 p.m. - 7 p.m.	<b>Bond Lake Arena</b> <b>Ozark Park</b> 70 Old Colony Rd., Oak Ridges November 26 3 p.m. - 7 p.m.
<b>Ross Family Complex</b> 19300 Centre St., Mt. Albert November 19 3 p.m. - 7 p.m.	<b>Milliken Mills High School</b> 7522 Kennedy Rd., Unionville December 1 9 a.m. - 3 p.m.	<b>Alexander Mackenzie High School</b> 300 Major Mackenzie Dr. W., Richmond Hill November 29 3 p.m. - 7 p.m.
<b>Georgina</b>	<b>Newmarket</b>	<b>Vaughan</b>
<b>Keswick Club 55</b> 130 Gwendolyn Blvd., Keswick November 9 1 p.m. - 6 p.m.	<b>York Region Administrative Centre</b> 17250 Yonge St., Newmarket October 30 3 p.m. - 7 p.m. November 15 3 p.m. - 7 p.m.	<b>Emily Carr Secondary School</b> 4901 Rutherford Rd., Woodbridge November 6 3 p.m. - 7 p.m.
<b>Sutton Multi-Use Facility</b> 5279 Black River Rd. (Multi-Purpose Rm), Sutton November 14 4 p.m. - 8 p.m. December 3 4 p.m. - 8 p.m.	<b>Sir William Mulock Secondary School</b> 705 Columbus Way, Newmarket November 12 3 p.m. - 7 p.m.	<b>Woodbridge Pool &amp; Memorial Arena</b> 5020 Highway #7, Woodbridge November 7 3 p.m. - 7 p.m.
<b>Georgina Ice Palace</b> 90 Wexford Rd., Keswick November 20 3 p.m. - 7 p.m. December 4 3 p.m. - 7 p.m.	<b>Ray Twinney Complex</b> 100 Eagle St. W., Newmarket November 16 3 p.m. - 7 p.m.	<b>Dufferin Clark Library</b> 1441 Clark Ave. W., Thornhill November 8 3 p.m. - 7 p.m.
<b>King</b>	<b>Newmarket Seniors' Meeting Place</b> 474 Davis Dr., Newmarket November 21 12 p.m. - 7 p.m.	<b>Maple Community Centre</b> 10190 Keele St., Maple November 22 3 p.m. - 7 p.m.
<b>King City Secondary School</b> 2001 King Rd., King City November 1 3 p.m. - 7 p.m.	<b>Upper Canada Mall</b> 17600 Yonge St., Newmarket November 24 10 a.m. - 5 p.m.	<b>Welcome Centre Immigrant Services</b> 9100 Jane St., Bldg. H, Concord November 23 3 p.m. - 7 p.m.
<b>Markham</b>	<b>Richmond Hill</b>	<b>Whitchurch-Stouffville</b>
<b>Markham Civic Centre</b> 101 Town Centre Blvd., Markham October 29 3 p.m. - 7 p.m.	<b>Hillcrest Mall</b> 9350 Yonge St., Richmond Hill November 3 10 a.m. - 5 p.m.	<b>Lebovic Leisure Centre</b> 30 Burkholder St., Stouffville November 27 4 p.m. - 8 p.m.
<b>Angus Glen Community Centre</b> 3990 Major Mackenzie Dr. E., Markham November 2 3 p.m. - 7 p.m.		

Roll up your sleeve. Get the vaccine. Not the flu.

Clinic dates and locations are subject to change. Please contact *Health Connection* for the most up-to-date listing. For additional information on the community clinics or the flu contact York Region *Health Connection* at 1-800-361-5653 or visit [www.york.ca/flu](http://www.york.ca/flu)

