

# NEWS RELEASE

For release: October 17, 2011

## INFLUENZA VACCINE CLINICS BEGIN OCTOBER 31

The Health Unit's 2011 Community Influenza Vaccine Clinics begin October 31. A total of 30 clinics will be held throughout the North Bay and Parry Sound areas.

On a trial basis this year, the Health Unit will allow a limited number of appointments to be made at a few of our community clinics in North Bay, Sturgeon Falls and Parry Sound.

Appointments will be available on a first come, first served basis. To make an appointment at one of the clinics in **North Bay or Sturgeon Falls**, call **705.474.1400, ext. 2248** or email [fluappointments@nbpsdhu.ca](mailto:fluappointments@nbpsdhu.ca). Appointments for **Parry Sound** clinics can be made by calling **705.746.5801, ext. 3221**, or emailing [psfluappointments@nbpsdhu.ca](mailto:psfluappointments@nbpsdhu.ca).

You can also still drop-in to any of our community clinics to get your flu shot. A complete schedule of clinics is available online at [www.healthunit.biz](http://www.healthunit.biz) and will be promoted throughout the district. For more information about influenza vaccines, visit the Health Unit website or call 705-474-1400 or toll free 1-800-563-2808.

### Quote

"It's important to reactivate your immunity each year to influenza. Anyone in Ontario over 6 months of age can get this flu shot, at no cost. Some health care providers are also offering the flu shot. The influenza strains this year recommended by the World Health Organization (WHO) are California, Perth and Brisbane."

- Andrea McLellan  
Manager of Vaccine Preventable Diseases Program

### Quick Facts

Appointments are **only** available at these clinics:

**North Bay** at the Elk's Lodge #25

Oct. 31 – 9 a.m. to 3 p.m.

Nov. 4 – 10 a.m. to 3 p.m.

Nov. 9 – 3 to 8 p.m.

Nov. 11 – 10 a.m. to 2 p.m.

Nov. 25 – 11 a.m. to 3 p.m.

**Sturgeon Falls** at the Recreation Centre

Nov. 2 – 2 to 7 p.m.

Nov. 30 – 2 to 7 p.m.

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**Parry Sound** at the Parry Sound Mall

Nov. 1 – 1 to 5 p.m.

Nov. 3 – 2 to 6 p.m.

Nov. 12 – 10 a.m. to 1 p.m.

Nov. 24 – 3 to 7 p.m.

To protect yourself and your family from the spread of influenza and other diseases this season:

- Make sure your whole family gets an influenza shot
- Wash your hands thoroughly and often throughout the day
- Cough or sneeze into your sleeve, not your hands, or use a tissue
- Stay home when you are sick.

- 30 -

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