

NEWS RELEASE

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2010 INFLUENZA VACCINE CLINICS BEGIN NOVEMBER 1st

The North Bay Parry Sound District Health Unit's 2010 Influenza Vaccine Clinics begin November 1st with community clinics scheduled throughout the district until mid-December. While last year's H1N1 pandemic required mass immunization clinics, this year the Health Unit has returned to normal with 33 different community clinics scheduled throughout the North Bay- Parry Sound district. For enhanced convenience, clinics have also been scheduled during the evenings, on weekends, and during the day time as well.

Clinic schedules are available online at www.healthunit.biz. Clinic schedules will also be promoted in a variety of ways throughout the district.

Quote

"Anyone in Ontario over 6 months of age can get this flu shot, at no cost. We have scheduled 33 different clinics across the district, so it's easy for people to attend one of our clinics with no appointment. Some health care providers are also offering the flu shot." said Andrea McLellan, Manager of Vaccine Preventable Diseases Program. "This year the World Health Organization (WHO) recommended that the vaccine target Brisbane, H1N1 and Perth influenza strains."

Quick Facts

There are many ways to protect yourself and your family during this year's influenza 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 ill.

For more information about influenza vaccines visit www.healthunit.biz or call the Health Unit at (705) 474-1400 or toll free 1-800-563-2808.

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