

NEWS RELEASE

For release: November 12, 2010

FIRST INFLUENZA CASE CONFIRMED IN DISTRICT

The first laboratory-confirmed Influenza A (H3) has been reported in the North Bay Parry Sound District Health Unit area resulting in critical illness. The 2010-11 Influenza vaccine is an excellent match to the circulating influenza strains. As of October 30, 2010, across the province there have been 35 cases of Influenza confirmed this fall, including twelve hospitalizations and one death.

Influenza is a severe viral illness that affects your breathing and is very contagious. It can cause a fever, cough, headache, muscle aches, stuffy nose, and sore throat and may lead to pneumonia.

If you have any of these symptoms, stay home and avoid anyone who is highly vulnerable. This includes the elderly, young children, those with high-risk medical conditions or anyone who has a weakened immune system.

The Health Unit reminds you the best way to protect yourself from influenza and other viruses is to wash your hands with soap and water frequently. We also recommend everyone over six months of age get an annual influenza vaccine. Call your health care provider or visit one of the Health Unit's Community Clinics.

For more information, visit the Health Unit's web site at www.healthunit.biz or call 474.1400 or 1.800.563.2808.

Quote

"We are concerned there are fewer people getting their flu shot this year and this is a trend right across the province. With fewer people getting immunized, we may have more influenza outbreaks this winter. To protect the health of yourself and your family, we recommend that everyone over the age of 6 months get their flu shot at one of our community clinics or from their health care provider."

- Dr. Jim Chirico,
Medical Officer of Health

Community Influenza Vaccine Clinics

Saturday, Nov. 13: **NORTH BAY**, St. Peter's Church, 299 Airport Road, 10 am to 4 pm

Monday, Nov. 15: **BURK'S FALLS**, Burk's Falls Senior Centre, 39 Copeland Street, 3 to 6 pm

Monday, Nov. 15: **MATTAWA**, Golden Age Club, 464 Poplar Street, 4 to 7 pm

Tuesday, Nov. 16: **NOBEL**, Nobel Public School, 140 Hammel Avenue, 2:30 to 4:30 pm

Tuesday, Nov. 16: **ORRVILLE**, Orrville Community Centre, Highway 518, 11 am to 12 noon
Thursday, Nov. 18: **PARRY SOUND**, Parry Sound Mall, 70 Joseph Street, 4 to 8 pm
Friday, Nov. 19: **MATTAWA**, Golden Age Club, 464 Poplar Street, 10 am to 3 pm
Friday, Nov. 19: **VERNER**, Club de l'amitié, 17 d'Youville Street, 1 to 2:30 pm
Saturday, Nov. 20: **PARRY SOUND**, Parry Sound Mall, 70 Joseph Street, 10 am to 2 pm
Saturday, Nov. 20: **STURGEON FALLS**, Sturgeon Falls Complex, 219 O'Hara Street, 10 am to 3 pm
Monday, Nov. 22: **CALLANDER**, Royal Canadian Legion Br. 445, 345 Lansdowne Ave, 9:30 to 11:30 am
Monday, Nov. 22: **CORBEIL**, Corbeil Park Hall, 390 Highway 94, 2 pm to 5 pm
Monday, Nov. 22: **HUMPHREY**, Humphrey Public School, 120 Highway 141, 3:30 to 5:30 pm
Friday, Nov. 26: **PHELPS (REDBRIDGE)**, Phelps District Golden Age Centre, North River Road, 10 am to 12 noon
Friday, Nov. 26: **PORT LORING**, Argyle Public School, 11767 Highway 522, 1 to 2:30 pm
Monday, Nov. 29: **NORTH BAY**, Corpus Christi Church, 1781 Cassells Street, 12 noon to 6 pm

The Community Influenza Vaccine Clinic schedule is also on [Twitter](#)

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Media Inquiries:

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