Health Unit
Media Release

For immediate release: Nov 23, 2009

Health Unit reminds everyone of the importance of getting the H1N1 Vaccine

"Although H1N1 influenza activity is decreasing, this doesn't mean that the outbreak is over", says Dr. Anne Carter, Medical Officer of Health for Leeds, Grenville and Lanark District Health Unit. In Ontario, it is estimated that, after the second wave, many people will still be susceptible to catching the virus. "Probably not enough people are currently immune to stop the spread of H1N1," adds Carter.

Based on past pandemics, we know that an influenza pandemic usually spreads in two or more waves. The length of each wave of illness is about 8 weeks and the pandemic can last 12 to 18 months which means that this influenza virus could still be around for awhile.

Consider the following:

- Our bodies develop immunity in two ways: by getting the disease or by getting the vaccine. Getting the vaccine is a much safer way to develop immunity without having to suffer from the effects of developing the H1N1 flu.
- Influenza vaccines work by creating "herd Immunity". When most people in a community have received a vaccine for influenza, the chance of an outbreak of that disease is greatly reduced. This "herd immunity" protects the small number of people who cannot be immunized for medical reasons.
- The vaccine is safe for adults and children. It is made of a killed virus; therefore, it cannot give you the flu.
- H1N1 continues to be a mild form of influenza. However like all influenzas, it can be very serious for some people.

The Leeds, Grenville and Lanark District Health Unit would like to encourage everyone to get the H1N1 shot. Immunization is the best way to protect our community.

For more information on H1N1 and our community clinics, please visit www.healthunit.org or call the Health Action Line @ 1-800-660-5853 or 613-345-5685.

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Contact: Susan Healey, BA, Communications Co-ordinator, 613-345-5685 or 613-802-0550

Date	Time & Location
Thursday, November 19	**BROCKVILLE** Memorial Centre, 1 Magedoma Dr. 2 pm – 8 pm
Friday, November 20	**SMITHS FALLS** Collegiate Institute, 299 Percy St 2 pm to 8 pm
Monday, November 23	**KEMPTVILLE** College, W.B. George Hall 2 pm – 8 pm
Tuesday, November 24	**ALMONTE** Civitan Club 500 Almonte St. 2 pm to 8 pm
Tuesday, November 24	St. Mark's Parish 461 Edward St. **PRESCOTT** 2 pm to 8 pm
Wednesday, November 25	**BROCKVILLE** Memorial Centre 1 Magedoma Dr. 2pm to 8 pm
Wednesday, November 25	**CARLETON PLACE** Arena 75 Neelin St. 2 pm to 8 pm
Saturday, November 28	**SMITHS FALLS** Collegiate Institute 299 Percy St **10am to 4 pm**
Monday, November 30	**PERTH** Lions Club Arthur St. Perth Fairgrounds 2 pm to 8 pm
Monday, November 30	**GANANOQUE** Kinsmen Club 400 Stone St. 2 pm to 8 pm
Tuesday, December 1	**BROCKVILLE** Memorial Centre 1 Magedoma Dr. 2 pm – 8 pm
Tuesday, December 1	Lanark and District Civitan Club 2144 Pine Grove Rd, **LANARK VILLAGE** 2 pm to 8 pm
Wednesday, December 2	**ELGIN** Lions Club 19 Pineview Dr. Elgin 2 pm – 8 pm
Thursday, December 3	**KEMPTVILLE** College, W.B. George Hall 2 pm to 8 pm