

# Health Unit Media Release

For immediate release: Sept 28, 2009



## Province Releases Influenza Vaccine & Immunization Strategy

On September 24<sup>th</sup>, 2009 the Ministry of Health and Long Term Care provided direction on the influenza immunization strategy for seasonal influenza and H1N1 influenza.

- In October, the seasonal influenza vaccine will be available for those 65 years of age and older, and residents of long term care homes.
- In November, H1N1 influenza vaccine will be available and will be administered following the Public Health Agency of Canada's sequencing strategy (e.g., immunizing high risk groups first).
- Seasonal influenza immunization will be available for those six months of age and older after the H1N1 influenza immunization program

**Persons who are 65 years of age and older can receive seasonal influenza vaccine through:**

- Health care providers (e.g., family physician, nurse practitioner)
- Long term care homes (for residents)
- Leeds, Grenville and Lanark District Health Unit community clinics. The schedule will be available next week. Check your local paper or the Health Unit website at [www.healthunit.org](http://www.healthunit.org).

**The Leeds, Grenville and Lanark District Health Unit reminds everyone of the ways to prevent the spread of influenza:**



- **CLEAN YOUR HANDS:** Wash your hands for at least 15 seconds with soap and warm water or use an alcohol-based hand sanitizer.
- **COVER YOUR COUGH OR SNEEZE:** Cover your cough or sneeze with your sleeve if no tissue is available
- Throw away tissues after sneezing, coughing or wiping your nose or your child's nose.
- **DISINFECT SURFACES and ITEMS:** Regularly disinfect hard surfaces such as counters and door knobs.
- Do not share personal items or drinks.
- Individuals with influenza-like illness should not share personal items with others.
- **STAY HOME IF YOU ARE ILL:** Avoid large crowds of people where viruses can spread easily. Stay home when you are sick.
- **GET IMMUNIZED:** Get the seasonal influenza vaccine early if you are 65 years of age or older or live in a long term care home.
- The H1N1 influenza vaccine will be available in November.
- For more information on the influenza immunization strategy, see "Tips to Stay Healthy" at [www.ontario.ca/flu](http://www.ontario.ca/flu).

**For further information about Pandemic (H1N1) 2009, please contact:**

The Health Unit website: [www.healthunit.org/H1N1](http://www.healthunit.org/H1N1)

The Public Health Agency of Canada: [www.fightflu.ca](http://www.fightflu.ca)

The Ministry of Health and Long Term Care: [www.health.gov.on.ca/en/flu](http://www.health.gov.on.ca/en/flu)

The World Health Organization: [www.who.int/en](http://www.who.int/en)

Or call the Health ACTION Line at 1-800-660-5853 or 613-345-5685

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