

# Health Unit Media Release

For Immediate Release: Oct 18, 2010



## FLU SEASON IS FAST APPROACHING

Influenza is a preventable illness that can be very dangerous to some individuals. **The Leeds, Grenville and Lanark District Health Unit recommends annual immunization against influenza for any persons over 6 months of age.** By getting immunized you will be protecting yourself as well as those around you. Last year with the introduction of the H1N1 pandemic influenza virus, we experienced a different flu season. This season we anticipate a flu season similar to those we have experienced in the past.

Flu vaccine provides adults and children with active immunity against the influenza virus. It is needed every year because the vaccine provides protection for only a short period of time. It protects against three strains of influenza most likely to be circulating during this flu season. **This year, H1N1 will be included in the strains. The flu shot is the safest way to protect yourself and your family and friends from the influenza virus.** Pregnant women are recommended to receive the influenza vaccine. Children who are over the age of 6 months and under the age of nine and are getting the flu shot for the first time should get a second dose one month later. **There are some people for whom the flu shot is not recommended, please check with the Health Unit for more information on this.**

"The influenza vaccine does not contain live virus," says Jane Fatcher, Director of Clinical Services, "Most people have no reaction at all to their vaccine, while some report having pain at the spot where the needle is given. This can last up to 2 days. Some people get muscle aches and fever and feel tired for a day or two after the needle. This is not influenza."

The vaccine protects about 70 percent of people who get a flu shot. You can still get the flu, but you will be less sick than if you were not vaccinated. The protection rate in seniors is less, as their immune systems are weaker. **For immunized seniors, the vaccine can prevent secondary infections, such as pneumonia, that are caused by having influenza.**

### HOW CAN YOU GET THE INFLUENZA VACCINE?

Getting immunized against influenza is easy and free. See your health care provider or attend one of the flu clinics in your area. **There are 18 community clinics being held this year from Nov 3 - Dec 2.** For more information about the flu and for a listing of free flu shot community clinics, contact the Health Unit at 1-800-660-5853 or 613-345-5685 or visit our web site at [www.healthunit.org](http://www.healthunit.org).

### Local Clinic Information:

Almonte - Nov. 18 - Almonte Civitan Club, 500 Almonte Street - 1:00 p.m. - 7:30 p.m.

Smiths Falls - Nov. 8 - Bethel Pentecostal Church, 301 Highway 29 - 1:00 p.m. - 7:30 p.m. And Nov. 23 - 1:30 p.m. - 6:30 p.m.

Brockville - Nov. 3 - Brockville Memorial Centre, I Magedoma Dr. - 1:00 p.m. - 7:30 p.m. And Nov. 22 - 12:00 p.m. - 7:00 p.m.

Kemptville - Nov. 15 - St. Michael Catholic High School, 2755 Hwy #43 - 2:00 p.m. - 7:30 p.m.  
And Dec. 2 - 3:00 p.m. - 6:30 p.m.

Carleton Place - Nov. 24 - Carambeck Public School, 351 Bridge St. - 1:00 p.m. - 7:30 p.m.

Lanark - Nov. 29 - Lanark & District Civitan Club, 2144 Pine Grove Rd. - 3:00 p.m. - 7:00 p.m.

Spencerville - Nov. 29 - Centennial '67 Public School , 7 Henderson St. - 3:30 p.m. - 7:00 p.m.

Cardinal - Nov. 29 - Cardinal Lions Club on Walter St. - 12:00 p.m. - 2:00 p.m.

Elgin - Nov. 16 - Elgin Lions Club, 19 Pineview Dr. - 3:00 p.m. - 6:30 p.m.

Prescott - Nov. 30 - South Grenville District High School, 1000 Edward St. N. - 2:00 p.m. - 7:30 p.m.

Perth - Nov. 25 - Perth Civitan Club, R.R. # 5, County Road 43 - 1:00 p.m. - 7:00 p.m.

Gananoque - Nov. 18 - Gananoque Kinsmen Club, 400 Stone St. N. - 2:30 p.m. - 6:30 p.m.

Merrickville - Nov.10 – Merrickville Community Centre, 106 Read Street - 3:30 p.m. - 7:30 p.m.

Athens - Nov. 23 - Athens District High School, 21 Church St. - 3:00 p.m. - 6:30 p.m.

Pakenham - Nov. 15 - Pakenham Public School, 109 Jeanie St. Hwy #29 - 3:30 p.m. - 6:30 p.m.

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