

NEWS RELEASE

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PROTECT YOURSELF, PROTECT OTHERS – GET THE FLU SHOT

NORTH BAY, ON – The North Bay Parry Sound District Health Unit (“Health Unit”) is encouraging the public to get the flu vaccine. Influenza (“flu”) can make a healthy adult sick for weeks, but in vulnerable populations like older adults and children, it can lead to more serious complications. Getting your flu shot is your best defence against the flu, and protects your loved ones, too.

Babies, children under five years of age, people over 65 years of age, pregnant women and people with underlying health conditions are more vulnerable to complications from the flu. The flu is contagious, and you can catch it from someone who hasn’t yet shown symptoms.

“The flu shot is proven to reduce the number of doctor visits, hospitalizations and deaths related to the flu,” says Andrea McLellan, manager of the Vaccine Preventable Diseases program. “In addition to receiving the flu shot, you can lessen your chances of getting the flu by washing your hands often, coughing and sneezing into your sleeve, staying home when sick, and avoiding touching your face.”

The virus that causes the flu changes frequently, therefore the vaccine is different each year. As a result, it is important to get your flu shot every fall. The flu shot is free and is available at the Health Unit, at clinics held throughout the district, from participating health care providers and pharmacies.

For more information about the flu shot, clinics in our district, or to book your flu shot appointment, contact the Health Unit in North Bay at 705-474-1400 / 1-800-563-2808 ext. 5377, in Parry Sound at 705-746-5801 ext. 3215 or visit www.myhealthunit.ca/FluShot

Quick Facts

- The flu (influenza) is a contagious respiratory infection caused by influenza viruses. The flu can cause mild to severe illness that can lead to hospitalization or even death.
- The flu can lead to serious complications including pneumonia. The flu can also make chronic health issues worse.
- In Canada, the flu season generally begins in late fall and winter months. It’s a good idea to get vaccinated at the start of the flu season.
- It takes two weeks for the flu vaccine to reach maximum protection, so be sure to get the vaccine as soon as it is available.

Media Inquiries

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