

# NEWS RELEASE

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## HEALTH UNIT ACCEPTING BOOKINGS FOR THE FLU SHOT

NORTH BAY, ON - Flu season is around the corner. The North Bay Parry Sound District Health Unit (Health Unit) is recommending that everyone get their flu shot. In the 2019-2020 flu season, the district had 124 laboratory confirmed cases of influenza (flu). By getting the flu shot, you can help protect yourself and the ones you love, and help reduce the burden on the hospital system during the second wave of the COVID-19 pandemic.

The first shipment of the flu vaccine has been received by the Health Unit and is being shared with hospitals, long-term care homes, retirement homes, health care agencies and health care providers.

As of October 19, 2020, the Health Unit will start to offer appointments for the flu shot at the North Bay and Parry Sound office locations. To book an appointment call [1-800-563-2808](tel:1-800-563-2808) ext. 5377. Community flu clinics will take place, starting early November across the district. Additional information, including date, time and location of the clinics will be made available closer to the date.

The flu shot, including the high-dose flu shot for individuals 65 years of age and older, will also be available at pharmacies and through your primary health care provider.

For more information on the flu visit [www.myhealthunit.ca/flu](http://www.myhealthunit.ca/flu).

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### Media Inquiries:

Alex McDermid, Public Relations Specialist

P: [705-474-1400](tel:705-474-1400), ext. 5221 or [1-800-563-2808](tel:1-800-563-2808)

E: [communications@healthunit.ca](mailto:communications@healthunit.ca)