

BEAT ^{the} FLU BUG Get your shot!

People 6 months of age and older should be immunized ... every year!

Stay healthy this winter. Protect yourself and the people around you from the flu by getting your flu shot. Health Canada recommends the flu shot for all healthy children and adults every year and particularly for:

- people with a serious long-term health problem, such as heart, kidney or lung (including asthma) disease
- people with diabetes, cancer, a blood disorder or a weak immune system
- people who live, work or volunteer in a healthcare or long-term care facility, chronic care institution or retirement home
- people 65 years of age or over
- healthy children aged 6 to 23 months
- those who live with a person who is at increased risk of complications from flu
- those who provide regular care for children aged 0 to 23 months, both in and out of the home
- those who provide services within relatively closed settings to persons at high risk
- emergency services workers (paramedic, firefighter or police)
- pregnant women
- breastfeeding women

2008 Flu clinic locations, dates and times

<p>Aurora</p> <p>Aurora Seniors' Centre 5 Municipal Dr. November 13 1:00 pm – 8:00 pm</p> <p>Aurora United Church 15186 Yonge St. November 28 4:00 pm – 8:00 pm</p> <p>East Gwillimbury</p> <p>Ross Family Complex 19300 Centre St., Mt. Albert November 18 4:00 pm – 8:00 pm</p> <p>Georgina</p> <p>W. J. Watson Public School 162 Carrick Ave., Keswick November 7 4:00 pm – 8:00 pm December 5 4:00 pm – 8:00 pm</p> <p>Sutton Kin Hall 3 Fairpark Lane, Sutton November 10 4:00 pm – 8:00 pm December 1 4:00 pm – 8:00 pm</p> <p>Keswick Club 55 130 Gwendolyn Blvd., Keswick November 20 4:00 pm – 8:00 pm</p> <p>King</p> <p>King City Secondary School 2001 King Rd., King City November 5 4:00 pm – 8:00 pm</p> <p>Markham</p> <p>Markham Civic Centre 101 Town Centre Blvd., Markham November 4 4:00 pm – 8:00 pm</p>	<p>Markham</p> <p>Thornhill Community Centre 7755 Bayview Ave., Thornhill November 11 4:00 pm – 8:00 pm</p> <p>Angus Glen Community Centre 3990 Major Mackenzie Dr. E, Markham November 14 4:00 pm – 8:00 pm</p> <p>Milliken Mills Community Centre 7522 Kennedy Rd., Unionville November 21 4:00 pm – 8:00 pm</p> <p>Bayview Glen Alliance Church 300 Steeles Ave. E., Thornhill November 22 10:00 am – 5:00 pm</p> <p>Burr Oak Secondary School 933 Burr Oak Ave., Markham November 25 4:00 pm – 8:00 pm</p> <p>Markham District High School 89 Church St., Markham December 3 4:00 pm – 8:00 pm</p> <p>Heritage United Church 7046 Reesor Rd., (Concession 11) Markham December 8 4:00 pm – 8:00 pm</p> <p>Newmarket</p> <p>York Region Administrative Centre 17250 Yonge St. November 3 4:00 pm – 8:00 pm</p> <p>Newmarket Seniors' Meeting Place 474 Davis Dr. November 19 1:00 pm – 8:00 pm</p> <p>Newmarket High School 505 Pickering Cres. November 24 4:00 pm – 8:00 pm</p>	<p>Newmarket</p> <p>Ray Twinney Complex 100 Eagle St. W. November 27 4:00 pm – 8:00 pm</p> <p>Richmond Hill</p> <p>Hillcrest 9350 Yonge St. November 8 10:00 am – 5:00 pm</p> <p>Alexander Mackenzie High School 300 Major Mackenzie Dr. W. November 12 4:00 pm – 8:00 pm</p> <p>Elgin Barrow Arena 43 Church St. S. December 4 4:00 pm – 8:00 pm</p> <p>Vaughan</p> <p>Vaughan Mills 1 Bass Pro Mills Dr., Vaughan November 1 10:00 am – 5:00 pm</p> <p>Emily Carr Secondary School 4901 Rutherford Rd., Woodbridge November 26 4:00 pm – 8:00 pm</p> <p>Whitchurch-Stouffville</p> <p>Buckingham Manor 6257 Main Street, Stouffville November 6 4:00 pm – 8:00 pm</p> <p>Lebovic Leisure Centre 30 Burkholder St., Stouffville November 17 4:00 pm – 8:00 pm</p>
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Roll up your sleeve. Get the vaccine. Not the flu.

Clinic dates and locations are subject to change. Please contact **Health Connection** for the most up-to-date listing. For additional information on the community clinics or the flu contact York Region **Health Connection** at **1-800-361-5653** or visit **www.york.ca/flu**



Influenza Fact Sheet

What is influenza?

Influenza, also known as “the flu”, is a serious respiratory infection that is much worse than a cold.

If you get the flu, you may experience a cough, fever, chills, sore throat, headache, muscle aches and fatigue.

Most people who get the flu are ill for a few days, but some can become very sick. Babies, very young children, the elderly, and people with serious health problems can become seriously ill and possibly require hospitalization. Every year in Canada, 500 to 1500 people die from influenza, and many more die due to complications of influenza such as pneumonia.

Is “the flu” the same as “the stomach flu”?

No. If your main symptoms are nausea, vomiting, or diarrhea, they are likely due to other viruses, bacteria, or even parasites, not influenza. Only rarely – and usually only in children – do vomiting and diarrhea occur with influenza.

The flu spreads quickly and easily

The flu virus spreads easily through:

- coughing and sneezing
- touching unwashed hands or contaminated surfaces and objects and then touching your eyes, nose or mouth

A person can spread the flu from the day before becoming sick until three to seven days after symptoms start. Children can pass the virus for longer than seven days.

Symptoms start one to four days after the virus enters your body.

Protect yourself

Getting a flu shot each fall is the best way to prevent the flu. It helps to keep you healthy and prevents you from spreading the flu to other people at home and at work.

Children under nine years of age who are getting the flu shot for the first time require two doses of the vaccine, at least four weeks apart. If they have received the flu vaccine in previous years, then only one shot is needed.

About the flu vaccine

The viruses that cause the flu change from year to year, so new vaccines are made every year to protect against the circulating flu viruses.

It takes about two weeks for protection to develop after receiving your flu shot, and the protection generally lasts less than a year. The vaccine is effective in about 70 to 90 per cent of healthy adults and 80 to 90 per cent of children. The flu shot cannot give you the flu because it does not contain any live virus.

Side effects

Most people have no problems, but for a few people, there may be mild side effects – soreness, redness, or swelling where the shot was given, fever, muscle aches – that should go away in one or two days.

If an allergic reaction is going to occur, it will usually happen within a few minutes after receiving the shot. That is why it is important to stay at the flu clinic for 15 minutes after your shot, so that nurses can watch for signs of a reaction.

Serious side effects are very rare.

Note: If you are ill with fever, wait until you have recovered before getting the shot.

See your physician to get the flu shot if:

- you have had a serious allergic reaction to a previous dose of influenza vaccine or any component of the vaccine (thimerosal, neomycin, formaldehyde)
- you have an allergy to eggs or chicken meat
- you have developed Oculo-Respiratory Syndrome (ORS) after a previous flu shot
- you have ever experienced Guillain-Barré Syndrome (GBS)
- you are taking Theophylline, Phenytoin, anti-coagulants, prednisone, and/or other immuno-suppressive drugs

For more information contact York Region

Health Connection at **1-800-361-5653** or visit www.york.ca/flu