

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

2007 Flu clinic locations, dates and times

<p>Aurora</p> <p>Aurora Community Centre Aurora Heights Dr., Aurora November 10 10 a.m. – 5 p.m.</p> <p>East Gwillimbury</p> <p>Ross Family Complex 19300 Centre St., Mt. Albert November 19 3 p.m. – 7 p.m.</p> <p>Georgina</p> <p>Keswick Club 55 130 Gwendolyn Blvd., Keswick November 9 1 p.m. – 6 p.m.</p> <p>Sutton Multi-Use Facility 5279 Black River Rd. (Multi-Purpose Rm), Sutton November 14 4 p.m. – 8 p.m. December 3 4 p.m. – 8 p.m.</p> <p>Georgina Ice Palace 90 Wexford Rd., Keswick November 20 3 p.m. – 7 p.m. December 4 3 p.m. – 7 p.m.</p> <p>King</p> <p>King City Secondary School 2001 King Rd., King City November 1 3 p.m. – 7 p.m.</p> <p>Markham</p> <p>Markham Civic Centre 101 Town Centre Blvd., Markham October 29 3 p.m. – 7 p.m.</p> <p>Angus Glen Community Centre 3990 Major Mackenzie Dr. E., Markham November 2 3 p.m. – 7 p.m.</p>	<p>Markham</p> <p>Thornhill Community Centre 7755 Bayview Ave., Markham November 5 3 p.m. – 7 p.m.</p> <p>Bayview Glen Alliance Church 300 Steeles Ave. E., Thornhill November 28 3 p.m. – 7 p.m.</p> <p>Milliken Mills High School 7522 Kennedy Rd., Unionville December 1 9 a.m. – 3 p.m.</p> <p>Newmarket</p> <p>York Region Administrative Centre 17250 Yonge St., Newmarket October 30 3 p.m. – 7 p.m. November 15 3 p.m. – 7 p.m.</p> <p>Sir William Mulock Secondary School 705 Columbus Way, Newmarket November 12 3 p.m. – 7 p.m.</p> <p>Ray Twinney Complex 100 Eagle St. W., Newmarket November 16 3 p.m. – 7 p.m.</p> <p>Newmarket Seniors' Meeting Place 474 Davis Dr., Newmarket November 21 12 p.m. – 7 p.m.</p> <p>Upper Canada Mall 17600 Yonge St., Newmarket November 24 10 a.m. – 5 p.m.</p> <p>Richmond Hill</p> <p>Hillcrest Mall 9350 Yonge St., Richmond Hill November 3 10 a.m. – 5 p.m.</p>	<p>Richmond Hill</p> <p>Elgin Barrow Arena 43 Church St. S., Richmond Hill November 13 3 p.m. – 7 p.m.</p> <p>Bond Lake Arena Ozark Park 70 Old Colony Rd., Oak Ridges November 26 3 p.m. – 7 p.m.</p> <p>Alexander Mackenzie High School 300 Major Mackenzie Dr. W., Richmond Hill November 29 3 p.m. – 7 p.m.</p> <p>Vaughan</p> <p>Emily Carr Secondary School 4901 Rutherford Rd., Woodbridge November 6 3 p.m. – 7 p.m.</p> <p>Woodbridge Pool & Memorial Arena 5020 Highway #7, Woodbridge November 7 3 p.m. – 7 p.m.</p> <p>Dufferin Clark Library 1441 Clark Ave. W., Thornhill November 8 3 p.m. – 7 p.m.</p> <p>Maple Community Centre 10190 Keele St., Maple November 22 3 p.m. – 7 p.m.</p> <p>Welcome Centre Immigrant Services 9100 Jane St., Bldg. H, Concord November 23 3 p.m. – 7 p.m.</p> <p>Whitchurch-Stouffville</p> <p>Lebovic Leisure Centre 30 Burkholder St., Stouffville November 27 4 p.m. – 8 p.m.</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 Services

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. Two doses of vaccine should be given in the second year of influenza immunization if the child received only one dose of vaccine during the first year of immunization.

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