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**IT'S NOT TOO LATE TO GET YOUR FLU SHOT**  
*Free Flu Shot Still Available To All Eligible Ontarians*

TORONTO – During this holiday season, Dr. Sheela Basrur, Ontario's Chief Medical Officer of Health is reminding all Ontarians that it is not too late to get your flu shot.

“If you are visiting with elderly family members over the holidays, or with relatives and friends in long-term care homes or hospitals, don't forget to get your flu shot,” said Dr. Basrur. “Elderly people, and those with weak immune systems can become seriously ill from something as simple as the flu, and the best way to protect everyone is to get immunized.”

Many long-term care homes and hospitals put visitor restrictions in place during flu outbreaks to help keep their residents safe. Family members and other visitors are asked to understand that these precautions protect the health of all residents.

The flu shot is also recommended for children aged six to 23 months as they are at high risk of hospitalization from flu complications. “Young children are major spreaders of the flu, and can spread illness easily to other children and to family members,” said Dr. Basrur.

The flu shot is available through doctors' offices and public flu shot clinics offered by public health units, pharmacies, community health centres, hospitals, long-term care homes, community care access centres and employer-sponsored clinics.

The government has recently produced information about the flu in American Sign Language for the deaf community. It is available on our website, [www.health.gov.on.ca](http://www.health.gov.on.ca).

To find a convenient flu clinic location, call 1-877-844-1944; TTY 1-800-387-5559; or visit [www.health.gov.on.ca](http://www.health.gov.on.ca). More information can also be found on [www.healthyontario.com](http://www.healthyontario.com).

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