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HOLIDAY SEASON IS A GOOD TIME TO GET YOUR FLU SHOT

Free Flu Shot Still Available To All Ontarians

TORONTO – Dr. George Pasut, Ontario’s Acting Chief Medical Officer of Health, is reminding all Ontarians that the holiday season is a good opportunity to get a free flu shot.

“If you’ve been too busy leading up to the holiday season, now is a good time to protect yourself, your family and friends by rolling up your sleeve and getting a flu shot,” Dr. Pasut said. “Elderly people and those people with weakened immune systems can become seriously ill from the flu, and the best way to protect everyone is to get immunized.”

If a flu outbreak occurs, many long-term care homes and hospitals will put visitor restrictions in place 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.

Ontario's Universal Influenza Immunization Program – the first of its kind in North America - is in its seventh year. Flu shots are available across the province through doctors' offices, employer-sponsored clinics, public health units, local pharmacies, hospitals, long-term care homes, Community Health Centres and Community Care Access Centres.

To find a convenient flu clinic location, call 1-877-844-1944; TTY 1-800-387-5559; or visit www.health.gov.on.ca. More information can also be found on www.HealthyOntario.com.

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