

Flu Immunization Clinics Start Soon!

Starting on October 27, the Eastern Ontario Health Unit (EOHU) will begin holding seasonal flu immunization clinics throughout the five Eastern Counties. In addition to the community clinics, the health unit will hold clinics by appointment at its offices for people with young children, physical limitations, medical considerations or special needs.

A pamphlet announcing clinic dates, times and locations has been mailed out to every household. The pamphlet can also be found on the EOHU's website at www.eohu.ca.

"You need to get the flu shot every year to be protected because the viruses that cause the flu do change frequently," explains Dr. Paul Roumeliotis, Medical Officer of Health. "The flu can cause serious illness and even death for some people. The vaccine is safe and your best protection against the flu. It's free and available for everyone aged 6 months and older."

Certain groups of people are at higher risk of complications from the flu, and are strongly encouraged to get the flu shot. These include:

- children 6 months to less than 5 years of age
- people aged 65 and older
- people with chronic medical conditions

If you live with or provide care to someone who falls under one of the groups listed above, it is also highly recommended that you get the flu shot. This simple step could help protect you and those around you.

The EOHU reminds residents to bring a piece of identification to the immunization clinics. For clinic dates and locations, check your mailbox or visit www.eohu.ca. You can also call the EOHU at 613-933-1375 or at 1 800 267-7120 and ask for Health Line.