



# Media Release

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October 18, 2018

## Get your flu shot early!

With winter on its way, another flu season is just around the corner. The flu shot is the best way to protect yourself and your family from getting the flu. For the more vulnerable, the flu vaccine is especially important.

Public Health will be offering a **free walk-in flu immunization clinic on Wednesday, October 24 from 3:00 - 7:00 p.m. at the Grey Bruce Health Unit, 101 17<sup>th</sup> Street East, Owen Sound**. Anyone six months of age and older can attend, no appointment necessary. Starting Oct 22, flu shots are also available through your healthcare provider and selected pharmacies.

Protect yourself and those around you! Those at high risk are more vulnerable to complications from flu. High-risk include:

- Children aged 6 months to 5 years of age
- People aged 65 and older
- Children and adults with chronic medical conditions (e.g. diabetes, cancer)
- Residents of long-term care, retirement homes, or other chronic care facilities
- Pregnant women
- Indigenous people

Healthcare workers, household contacts of those at high risk and/or those who provide care to those under five are capable of spreading flu to this high-risk population.

Immunize yourself and protect them too.

### For More Information:

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A healthier future for all.

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