



Media Release

October 24, 2018

Flu shots now available get yours early!

Dr. Hazel Lynn got hers today and you should get yours. Grey Bruce's Medical Officer of Health knows the flu shot is the best way to protect herself and her family from getting the flu.

Flu shots are now available for everyone through their healthcare provider and select pharmacies. Get yours now. For the more high-risk, the flu vaccine is especially important.

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

The flu shot not only protects yourself, it helps protect those around you! 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.

Attachment: Grey Bruce Medical Officer of Health receives her annual flu shot

For More Information:

Sarah Ellis
Vaccine Preventable Diseases Program
Grey Bruce Health Unit
519-376-9420 or 1-800-263-3456 ext. 1443
s.ellis@publichealthgreybruce.on.ca

A healthier future for all.

101 17th Street East, Owen Sound, Ontario N4K 0A5 www.publichealthgreybruce.on.ca

519-376-9420

1-800-263-3456

Fax 519-376-0605