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## Health and Community Services

October 10, 2017

### Annual Flu Vaccination Program to Begin on October 23

It will soon be flu season in Newfoundland and Labrador. To help prevent the spread of illness, free flu vaccination clinics will be held throughout the province once again this fall.

Starting Monday, October 23, the Regional Health Authorities will begin hosting public health clinics. To help increase access to the vaccine this year, the number of public clinics has increased. For more information on scheduled clinics, residents can visit the links below or call the Healthline at 811 to find the nearest clinic.

- Eastern Health – [www.easternhealth.ca/FluClinics](http://www.easternhealth.ca/FluClinics)
- Central Health – [www.centralhealth.nl.ca](http://www.centralhealth.nl.ca)
- Western Health – [www.westernhealth.nl.ca](http://www.westernhealth.nl.ca)
- Labrador-Grenfell Health – [www.lghealth.ca](http://www.lghealth.ca)

People can still get a flu shot free of charge as part of an office visit with their family physician.

Alternatively, residents can visit a local pharmacy. If they receive their prescriptions under the Newfoundland and Labrador Prescription Drug Program (NLPDP), they can get their flu shot for free at participating pharmacies. If they are not a beneficiary, the pharmacy may charge a fee for the service.

Influenza, or the flu, is an infection that can be caused by several types of influenza virus. These viruses spread easily during the winter months, infecting the nose, throat and lungs. The best time for a person to get vaccinated is from October to December.

#### Quotes

“The seasonal flu vaccine remains available to everyone in the province. We all have a responsibility to keep our families and communities healthy and safe. Talk to your community public health office, doctor, nurse or pharmacist about getting vaccinated this year. The vaccine is safe and I encourage everyone to get a flu shot.”

Honourable John Haggie

Minister of Health and Community Services

“Influenza usually hits this province in the winter months starting in December. Be prepared and get the shot this fall, especially if you are over 65, or have a chronic illness or are pregnant. Even children can benefit from having a flu shot. Flu vaccine is our best weapon to prevent illness this winter.”

Dr. David Allison

Chief Medical Officer of Health

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