



Labrador-Grenfell
Health

For Immediate Release
October 16, 2018

PUBLIC SERVICE ANNOUNCEMENT

**Labrador-Grenfell Health Releases
Seasonal Influenza Immunization Clinic Schedule**

(Happy Valley-Goose Bay, NL): Labrador-Grenfell Health wishes to advise the public that its seasonal influenza immunization clinic schedule will begin on Monday, October 22, 2018. The influenza vaccine is one of the best measures to prevent influenza and reduce complications caused by this communicable disease.

Flu clinics will be held at health care facilities and other locations throughout the region. To find the nearest clinic in your area, check your local newspaper, visit the Labrador-Grenfell Health website at www.lghealth.ca, contact your local Public Health office, or call 811 to reach the Newfoundland and Labrador HealthLine. Residents are reminded to bring their Medical Care Plan (MCP) card with them and wear a short-sleeved shirt when they visit a flu clinic.

The best way to protect against seasonal influenza is to get a flu vaccine, in combination with thorough hand washing, covering coughs and sneezes, and staying at home when you are sick. To avoid the spread of colds or influenza, follow the three Cs: CLEAN your hands; COVER coughs and sneezes with a tissue or in the crook of your arm; and CONTAIN illness by staying home and resting.

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