



## Labrador-Grenfell Health

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For Immediate Release  
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### ***PUBLIC SERVICE ANNOUNCEMENT***

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

Labrador-Grenfell Health is advising the public that its seasonal influenza immunization clinic schedule will begin on Monday, October 21, 2019. 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/flu-prevention](http://www.lghealth.ca/flu-prevention), 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 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 the crook of your arm; and CONTAIN illness by staying home and resting.

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