

October 21, 2021

PUBLIC ADVISORY

Labrador-Grenfell Health to Launch 2021-22 Seasonal Influenza Campaign

Labrador-Grenfell Health is advising the public that the 2021-22 Seasonal Influenza Campaign will begin on Monday, October 25, 2021. The seasonal influenza vaccine will be offered, in public health clinics across the region **by appointment only. Please note the COVID-19 Vaccine will also continue to be provided during these clinic times.**

Everyone 6 months and older should get the flu shot:

- It can keep you from getting sick with influenza
- It can reduce severity of symptoms
- It can reduce risk of hospitalization and decrease the burden on the health care system during the COVID-19 pandemic.
- It can save your life
- It can protect people close to you because you are less likely to spread the virus

For information about clinics in your area, including how to book an appointment, locations, and times, please visit the LGH Vaccine Portal at <https://www.lghealth.ca/vaccine>.

Did you know that the National Advisory Committee on Immunization (NACI) is now recommending that COVID-19 vaccines may be given at the same time as, or any time before or after other vaccines? Individuals who are also eligible for the COVID-19 vaccine may also get the flu shot simultaneously by booking a flu or a COVID-19 vaccine appointment.

As a reminder, all individuals 12+ are strongly encouraged to get vaccinated for the health and safety of themselves, their families, and their communities. **This includes people who previously tested positive for COVID-19 or identified by public health as high-risk contacts on completion of their isolation period and when symptom free.**

Information on dates and times of clinics for COVID-19 Vaccine can be found on the Vaccine Portal link above.

Residents are reminded to bring their Medical Care Plan (MCP) card with them, wear a short-sleeved shirt, and wear a mask when attending the clinic.

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