



Get the shot, Not the Flu

It's flu clinic time again !!

Public Health Nurses will be offering community seasonal flu clinics during the month of October throughout the region. Based on the recommendations from Manitoba Health and Healthy Living, flu shots will be offered to Manitobans considered at greater risk from seasonal flu:

- Individuals aged 65 or older;
- Residents of personal care homes or other long-term care facilities
- People at greater risk of complications from the seasonal flu:
 - ✚ Children 6 months to 23 months of age
 - ✚ Individuals from 24 months to 65 years of age with risk conditions for complications

Pneumococcal immunizations will also be available for people at age 65 years. Flu clinics will be available in the communities outlined below.

Please remember to bring your Manitoba Health Card.

Please watch for further information about upcoming H1N1 immunization clinics.



Seasonal Flu Clinics 2009

Walk-in Immunization Clinics

infants and children will be Prioritized at all clinics

Pine Falls and Area

Wed	Oct	14	11:00: am - 7:00 pm	Pine Falls United Church
Fri	Oct	16	10:00 am - 3:00 pm	Victoria Beach Seniors Club
Tue	Oct	20	10:00 am - 4:00 pm	Seymourville Hall
Fri	Oct	23	9:30 am - 4:30 pm	Pine Falls United Church

Lac du Bonnet/Pinawa Area

Thu	Oct	15	9:30 am - 4:30 pm	Lac du Bonnet Legion
Tue	Oct	20	10:30: am - 6:30 pm	Pinawa Alliance Church
Thu	Oct	22	10:30: am - 6:30 pm	Lac du Bonnet Legion

Whitemouth/Reynolds Area

Fri	Oct	16	10:00 am - 3:00 pm	Whitemouth Community Centre
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Springfield Area

Thu	Oct	15	11:00: am - 7:00 pm	Oakbank - Kin Place - MPR
Thu	Oct	22	9:30 am - 4:30 pm	Oakbank - Kin Place - MPR

Beausejour/Brokenhead Area

Tue	Oct	13	11:00: am - 7:00 pm	Brokenhead Community Hall
Mon	Oct	19	9:30 am - 4:30 pm	Brokenhead Community Hall

Please bring your Manitoba Health Card or other ID & wear a short-sleeved shirt

Questions ???????? Contact your local public health nurse

Beausejour 268-7468	Lac du Bonnet 345-1219	Oakbank 444-6130/6131	Pine Falls 367-5406	Whitemouth 348-4613
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