

“Get the Shot not the Flu”

The flu is a highly contagious infection of the nose, throat and lungs. It is caused by a virus and is easily caught and spread. Although some symptoms may be cold-like, others are much more serious. Some of these symptoms include body aches, fever, headache, chills and a dry cough. Full recovery from the flu virus may take up to six weeks.

Most people will fully recover, but for some people the flu may lead to more severe and life-threatening illness, with a high risk for complications. Each year, about one quarter of Canadians are infected with the flu virus. Of these, thousands will become seriously ill and many will die from complications.

A flu shot is your best defense to avoid getting the flu, because flu viruses constantly change, the vaccine must change too. Therefore to defend yourself against the flu, you need a flu shot once a year.

Since the flu vaccine contains dead viruses, it can not give you the flu. Some people who receive the vaccine will experience mild swelling, tenderness at injection site, or low grade fever. Acetaminophen or ibuprofen will relieve these symptoms. If you are allergic to eggs or any component of the vaccine, the flu shot may not be for you. It is important that you check with your health care professional before getting the shot.

The seasonal flu vaccine is available to all Manitobans at no charge; however immunization is especially important for those at increased risk of serious illness from the flu, their caregivers and close contacts. This includes:

- Seniors aged 65 and older
- Residents of personal care homes and long-term care facilities
- Children six months to four years of age
- Those with chronic illness such as:
 - Long- term aspirin therapy
 - An immune system weakened by disease or medical treatment
 - A condition that makes it difficult to breathe
 - Children on long-term aspirin therapy
 - Other chronic medical conditions (ex. diabetes, mental disabilities)
- Pregnant women
- Health care workers and first responders
- Individuals of Aboriginal ancestry
- People who are severely overweight or obese
- Or as determined by your primary health care provider

Please see the schedule below to find the Flu clinic closest to you!

Pine Falls Area

Thur	Oct	20	9:30 am	-	4:00 pm	Pine Falls Health Centre - Multipurpose Room
Tues	Oct	25	10:00 am	-	3:00 pm	Victoria Beach Seniors Club
Wed	Oct	26	10:00 am	-	12:00 pm	Manigotagan Post Office
Wed	Oct	26	1:00 pm	-	3:00 pm	Seymourville - Council Hall
Thur	Oct	27	9:00 am	-	10:30 am	Powerview - Winnipeg River Manor
Thur	Oct	27	2:00 pm	-	3:30 pm	St Georges - Chateaugay
Fri	Oct	28	10:00 am	-	12:00 pm	Stead - Community Club
Tues	Nov	1	11:00 am	-	7:00 pm	Pine Falls Health Centre-Multipurpose Room
Wed	Nov	2	11:00 am	-	1:00 pm	Bissett Health Centre

Lac Du Bonnet/Pinawa Area

Mon	Oct	17	9:30 am	-	4:00 pm	Pinawa Alliance Church
Mon	Oct	24	11:00 am	-	7:00 pm	Pinawa Alliance Church
Thur	Oct	27	9:30 am	-	4:00 pm	Lac Du Bonnet Legion
Wed	Nov	2	11:00 am	-	7:00 pm	Lac Du Bonnet Legion

Whitemouth/Reynolds Area

Tues	Oct	18	9:00 am	-	12:30 pm	Whitemouth Hall
Mon	Oct	24	9:30 am	-	11:00 am	Seven Sisters - Community Club
Mon	Oct	24	1:00 pm	-	3:00 pm	Hadashville - Community Club
Tues	Oct	25	10:00 am	-	12:00 pm	West Hawk Lake - Fire Hall
Tues	Oct	25	1:30 pm	-	3:30 pm	Rennie - Community Centre
Fri	Oct	28	9:00 am	-	12:00 pm	Whitemouth Hall
Fri	Oct	28	11:00 am	-	1:00 pm	Falcon Lake South Whiteshell Medical Centre

Springfield Area

Mon	Oct	17	9:30 am	-	4:00 pm	Oakbank - Kin Place - EPH- Multipurpose Room
Wed	Oct	19	9:30 am	-	11:30 am	Anola - Over 50 Club
Wed	Oct	19	1:30 pm	-	3:00 pm	Cooks Creek-Pleasant View Lodge
Thur	Oct	20	9:30 am	-	11:30 am	Dugald - Evergreen Lodge
Tues	Nov	1	11:00 am	-	7:00 pm	Oakbank - Kin Place - EPH- Multipurpose Room

Beausejour/Brokenhead Area

Thur	Oct	20	11:00 am	-	7:00 pm	Beausejour Brokenhead Rec Complex
Tues	Oct	25	1:00 pm	-	2:00 pm	Tyndall Manor
Tues	Oct	25	3:00 pm	-	4:00 pm	Garson Limestone Villa
Wed	Nov	2	9:30 am	-	4:00 pm	Beausejour Brokenhead Rec Complex

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

Questions? Contact your local Public Health Nurse or you can call health Links at 1-888-315-9257

Beausejour Lac du Bonnet Oakbank Pine Falls Pinawa Whitemouth
268-7468 345-1219 444-6130/444-6131 367-5406 753-3147 348-4613