

# Flu Shot Clinic

We are planning on hosting a flu clinic in Wahta

If you are interested please get in touch with Sherry Byrne

at **705-762-2354** ext **250** Or **sherry.byrne@wahtamohawks.ca**

## *The flu shot is your best defence*

*The flu shot is recommended for everyone 6 months old and older. It is:*

- **safe** (including for **kids** and if you are **pregnant** or breastfeeding)
- **free**
- available from your doctor or nurse practitioner, and at participating **pharmacies** and **local public health units** across the province
- proven to **reduce the number of doctor visits**, hospitalizations and deaths related to the flu
- **different each year** because the virus changes frequently – so you need to get it every fall

*Flu season typically runs from **late fall to early spring**.*

*You should get a flu shot as soon as possible because it takes two weeks to take effect.*

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## *Who is most at risk*

*Complications from the flu can include serious conditions, like pneumonia or heart attacks and, in some cases, death. Flu causes about 12,200 hospitalizations and 3,500 deaths in Canada each year.*

*Some people are more vulnerable to complications and hospitalization from the flu:*

- **babies** under 6 months old are too young to get the flu shot, but **they'll** get some protection if their parent got the flu shot while they were pregnant
- **children under 5 years of age**, because their immune systems are developing, and their airways are small and more easily blocked
- **people 65 years old and older**, because their immune systems are **weaker** and they are more likely to have an underlying condition that increases their risk
- **pregnant people**, because their immune system, **heart** and lungs change – especially later in pregnancy – making them more likely to get seriously ill from the flu
- **people with underlying health conditions**, such as asthma, heart disease or diabetes

FROM <https://www.ontario.ca/page/flu-facts>