



Perth District  
Health Unit

## Last Chance to Get your Free Flu Shot on January 27

**FOR IMMEDIATE RELEASE**  
**Monday, January 18, 2010**

**Perth County** — There is still time to get a free seasonal or H1N1 flu shot! A final community clinic is taking place on Wednesday, January 27, from 4:00 – 7:00pm. The clinic is at the Perth District Health Unit in Stratford at 653 West Gore Street. This clinic is for anyone who would like to receive the seasonal or H1N1 vaccine, including children who need a 2<sup>nd</sup> dose.

“Although H1N1 was present in the fall, the influenza season continues until the spring”, said Dr. Miriam Klassen, Acting Medical Officer of Health. “Getting a flu shot now will protect you from the different influenza viruses that do continue to circulate.”

Symptoms of influenza include a cough, sore throat, fever, chills, muscle aches, headache, and fatigue. Many people are ill with influenza for several days and some people may get much sicker and need hospital care. Influenza does not normally cause people to throw up or have diarrhea. Vomiting and diarrhea are signs of a gastrointestinal illness, most likely norovirus. The flu shot does not protect against gastro illnesses.

To help stay healthy this winter, the Health Unit advises all residents to take these simple precautions.

**Wash your hands thoroughly and regularly.**

Wet hands first with warm water and add soap. Rub your hands for 15 to 20 seconds, being careful to wash between the fingers and around the thumbs. Rinse and dry well. Alcohol-based hand sanitizer or hand gels can be used when there is no water.

**Cover your cough or sneeze.**

Cough or sneeze into your upper sleeve, not your hands. Or, cover your mouth and nose with a tissue. Put your used tissue in the garbage and clean your hands with soap and water or with an alcohol-based hand sanitizer.

**Stay home if you're sick.**

If you feel ill, stay home. It's better to take a few days to rest and recover than to potentially spread the germs to your family, friends and co-workers. Children should stay home from school and daycare when they are ill. Do not visit people in long-term care homes or hospitals if you are not feeling well.

**Get a flu shot.**

The free influenza vaccines may also be available through your family doctor. Contact their office for more details.

For more information, call Health Line at 519-271-7600 ext 267. Listowel area residents call toll-free at 1-877-271-7348 ext 267. Or visit [www.pdhu.on.ca](http://www.pdhu.on.ca).

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