

Thursday, January 14, 2010

For Immediate Release

## The Regional Municipality of York to begin offering seasonal influenza vaccinations

*H1N1 flu vaccinations also remain available*

**NEWMARKET** –The Regional Municipality of York is offering seasonal influenza vaccinations to all residents over the age of six months, beginning Saturday, January 16<sup>th</sup>.

“We know that this flu season is different,” said Dr. Karim Kurji, York Region’s Medical Officer of Health. “Seasonal and H1N1 flu viruses are the two main strains of influenza circulating in our community this year and I encourage everyone to be immunized against both.”

Health Canada and the National Advisory Committee on Immunization (NACI) encourage all healthy adults and children over the age of six months to get a seasonal flu shot every year.

There are 14 community seasonal influenza immunization clinics scheduled from Saturday, January 16<sup>th</sup> until Saturday, February 6<sup>th</sup>. Residents can also get their seasonal flu shot from their physician or a participating workplace.

The seasonal flu vaccine does **NOT** protect you from the H1N1 flu virus. The H1N1 flu vaccine is available to all York Region residents through the following options:

- **Family health care providers:** For residents who do not have a family physician or whose family physician is not providing the H1N1 flu vaccine, a list of local physicians who can provide it to you is available at [www.york.ca/flu](http://www.york.ca/flu). A health card is required when receiving the H1N1 flu vaccine from a physician.
- **Seasonal Influenza Community Clinics:** Only **unadjuvanted** H1N1 flu vaccine is available at seasonal influenza Community Clinics. Unadjuvanted H1N1 flu vaccine is recommended for pregnant women and people between the ages of 10 and 64 years who do not have any chronic health conditions.
- **York Region Monthly Community Immunization Clinics:** York Region public health runs monthly immunization clinics for students who need to catch up on their routine immunizations. There are five locations across York Region. Clinic times and locations are available at [www.york.ca/flu](http://www.york.ca/flu). Appointments are not necessary for routine immunizations, however, residents are encouraged to make an appointment for the H1N1 flu vaccine. Appointments can be made by calling *York Region Health Connection* at 1-800-361-5653.

Both the seasonal flu vaccine and the H1N1 flu vaccine can be administered at the same time.

Seasonal influenza vaccine has been shown to prevent illness in approximately 70 to 90-per cent of healthy children and adults. The flu is much worse than a cold. Even healthy young people can become very sick and develop serious complications.

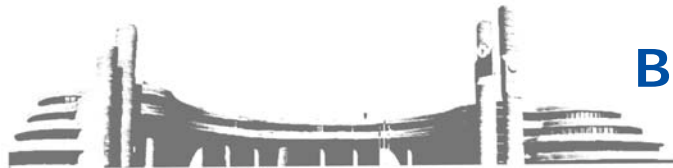
Influenza-like illnesses are caused by viruses that are easy to catch and easy to spread. The flu season generally runs from mid November to April each year. Flu symptoms include headache, muscle ache, cough, sore throat, fever, fatigue and weakness.

The flu can lead to more serious illnesses which may result in hospitalization or even death. A flu shot coupled with good infection and prevention practices, such as proper and frequent hand washing and staying home from work/school when you are sick, can minimize the risk of illness for residents and their families this flu season.

For more information on the Regional Municipality of York, please visit [www.york.ca](http://www.york.ca)

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Municipality	Clinic Address	Date	Time
Town of Aurora	Aurora United Church 15186 Yonge St.	Wednesday, January 27 <sup>th</sup>	4 p.m. to 8 p.m.
Town of East Gwillimbury	Mount Albert Community Centre 153 Main St., Mt. Albert	Wednesday, January 20 <sup>th</sup>	4 p.m. to 8 p.m.
Town of Georgina	St. Thomas Aquinas Catholic School 262 Old Homestead Rd., Keswick	Thursday, January 28 <sup>th</sup>	4 p.m. to 8 p.m.
	Sutton Multi-Use Facility 5279 Black River Rd., (Multi-Purpose Room)	Thursday, February 4 <sup>th</sup>	4 p.m. to 8 p.m.
Township of King	King City Arena 25 Doctor's Lane	Monday, February 1 <sup>st</sup>	4 p.m. to 8 p.m.
Town of Markham	Markham Civic Centre 101 Town Centre Blvd.	Thursday, January 21 <sup>st</sup>	4 p.m. to 8 p.m.
	Thornhill Community Centre 7755 Bayview Ave.	Monday, January 25 <sup>th</sup>	4 p.m. to 8 p.m.
	Rouge River Community Centre 120 Rouge Bank Dr.	Friday, January 29 <sup>th</sup>	4 p.m. to 8 p.m.
Town of Newmarket	Upper Canada Mall (Lower Level, outside SportChek) 17600 Yonge St.	Saturday, January 16 <sup>th</sup>	10 a.m. to 5 p.m.
	York Region Administrative Centre 17250 Yonge St.	Monday, January 18 <sup>th</sup>	4 p.m. to 8 p.m.
Town of Richmond Hill	Elgin Barrow Arena 43 Church St. S.	Tuesday, January 26 <sup>th</sup>	4 p.m. to 8 p.m.
	Hillcrest (Centre Court outside The Bay Fashion Store) 9350 Yonge St.	Saturday, February 6 <sup>th</sup>	10 a.m. to 5 p.m.
City of Vaughan	Vaughan Mills (outside Bass Pro Shop) 1 Bass Pro Mills Dr.	Saturday, January 23 <sup>rd</sup>	10 a.m. to 5 p.m.
Town of Whitchurch-Stouffville	Lebovic Leisure Centre 30 Burkholder St.	Tuesday, January 19 <sup>th</sup>	4 p.m. to 8 p.m.

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