

Flu season is already here

The first local case of influenza A has been confirmed. Public Health is reminding everyone to get the flu shot early so they can stay healthy and active this winter.

“Everyone six months and older who is able to, should get the flu shot,” said Dr. Nicola Mercer, Medical Officer of Health and CEO for Wellington-Dufferin-Guelph Public Health. “It’s the best way to avoid getting sick from flu yourself or spreading the flu to other vulnerable people.”

Vaccines work best when most people are vaccinated because wide-scale immunization reduces everyone’s risk of exposure to the virus. Unfortunately, every year thousands of Canadians die from the flu including infants too young for the vaccine, the elderly for whom the vaccine offers less protection, and individuals with compromised immune systems. By choosing not to get vaccinated, you are putting yourself and others at risk.

Wellington-Dufferin-Guelph Public Health is offering flu vaccines to the public who attend an open house at Chancellors Way in Guelph on Wednesday, October 8. Drop in between the hours of 4 – 6 p.m. to see the new facility and get a flu shot. To find other Public Health clinics, visit www.wdgpUBLICHEALTH.ca

The free flu vaccine is also available from your healthcare provider or pharmacist.