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The flu ? coming to Shelburne soon

Local residents have been busy enjoying deceptively warm fall temperatures. But that hasn't stopped the arrival of the flu, and it's only a matter of time until the virus arrives in a neighbourhood near you. The first local cases of influenza A in Wellington-Dufferin-Guelph Public Health's region have been confirmed in Dufferin County. Public Health is reminding everyone to protect themselves against influenza this season by getting the flu shot or FluMist nasal spray vaccine.

?Protect yourself against the flu, get vaccinated, and stay well this winter,? said Dr. Nicola Mercer, Medical Officer of Health and CEO for Wellington-Dufferin-Guelph Public Health. ?As we transition into cooler weather and the upcoming holiday season, getting the flu shot will help protect you and those around you from contracting the flu.?

Vaccines work best when most people are vaccinated because wide-scale immunization reduces everyone's risk of exposure to viruses like influenza. Unfortunately, every year thousands of Canadians get sick 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.

Getting a flu shot is easy. Simply drop in at Public Health location, make an appointment with your family physician or visit a local pharmacy.