

NOVEMBER 25, 2009

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PUBLIC HEALTH & EMERGENCY SERVICES
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www.oxfordcounty.ca/publichealth

Seasonal flu clinics begin December 5 in Oxford

It's a different flu season: Oxford County residents will need the seasonal flu shot in addition to the H1N1 shot to fully protect themselves this winter

NEWS

Public Health & Emergency Services will begin offering the seasonal influenza (flu) shot to Oxford County residents beginning December 5 and running until December 17 at community clinics in Woodstock, Ingersoll, Tillsonburg, Plattsville and Norwich.

The H1N1 flu shot will also be available at clinics for those who would like to receive both vaccines. It is safe to receive both the H1N1 vaccine and the seasonal flu shot at the same clinic visit. The seasonal flu shot and the H1N1 flu shot are also available from participating family doctors.

The seasonal flu shot was offered to seniors 65 years and older in October, before the start of H1N1 immunizations, because this group is at higher risk of health complications from seasonal flu.

A schedule of seasonal flu clinics is available at <http://www.oxfordcounty.ca/publichealth>. (See full listing below.)

QUICK FACTS (From the Public Health Agency of Canada)

- Influenza is a serious respiratory illness that causes high fever, cough, severe muscle and joint aches, and fatigue. It can also lead to complications such as pneumonia.
- The seasonal flu affects 10-25% of Canadians each year. While the majority who become sick will recover, the flu results in an average of 20,000 hospitalizations and 2,000 to 8,000 deaths in Canada each year.
- The best time to get your influenza vaccine is early, between October and December, before the number of influenza cases increases in Canada.

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CHART: SEASONAL FLU SHOT CLINICS IN OXFORD COUNTY

SEASONAL FLU SHOT CLINICS WITH H1N1 VACCINE ALSO AVAILABLE
SAT, DECEMBER 5—10:00 AM - 2:00 PM Ingersoll: IDCI-School cafeteria, 37 Alma St.
TUES, DECEMBER 8— 3:00 - 7:00 PM Tillsonburg: Special Events Centre, 60 Cedar
WED, DECEMBER 9— 3:00 - 7:00 PM Plattsville: Plattsville PS, 112 Mill St. E.
THURS, DECEMBER 10— 3:00 - 7:00 PM Woodstock: Goff Hall, 381 Finkle St.
SAT, DECEMBER 12— 10:00 AM - 2:00 PM Woodstock: Oxford Auditorium (Fairgrounds)
MON, DECEMBER 14— 3:00 - 7:00 PM Ingersoll: CAW Hall, 364 Victoria St.
TUES, DECEMBER 15— 3:00 - 7:00 PM Tillsonburg: Special Events Centre, 60 Cedar
WED, DECEMBER 16— 3:00 - 7:00 PM Norwich: Community Centre Aud., Stover St.
THURS, DECEMBER 17— 3:00 - 7:00 PM Woodstock: Oxford Auditorium (Fairgrounds)

ABOUT PUBLIC HEALTH & EMERGENCY SERVICES Oxford County Public Health & Emergency Services seeks to promote and protect the health of Oxford County's more than 100,000 residents. The department's services include family health, immunization, healthy living, infectious disease prevention, sexual health, environmental health, emergency services, and other programs that support healthy behaviours in a healthy environment. For more information, visit www.oxfordcounty.ca/publichealth.

FOR MORE INFORMATION / TO ARRANGE AN INTERVIEW:

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