

Hello,

Flu season is quickly approaching. To help prevent illness and spread of influenza please share the following information with staff, students and parents.

For health Files about Influenza: <https://www.healthlinkbc.ca/search/Influenza>

For information about hand washing: <https://www.healthlinkbc.ca/health-topics/tv7076spec>

Flu clinics will be held at a new location, at the **Eagles Hall** (across from Shaw)

Dates for mass clinics: Thursday, November 2, 9:00 – 5:30

Friday, November 3, 9:00 – 5:30

For family appointments please call the Health Unit at 250 520 2207

Dates for family clinics:

Monday, November 6, 9 – 4

Friday, November 10, 9 – 4

Friday, November 24, 9-4

Monday, November 27, 8:40-12:30

Monday, December 4, 9-4

Friday, December 8, 9-4

Monday, December 11, 8:40-12:30

Most people are eligible for a FREE flu vaccine, either because they at risk themselves, or are a contact to those at risk of serious complications of influenza. This includes:

- anyone of any age with a chronic medical condition ie) diabetes, cancer, kidney or liver disease - and their close contacts
- children age 6 mos to 59 months and their contacts
- pregnant women at any stage of pregnancy, their families & contacts
- seniors and their contacts,
- residents of care facilities and their contacts, care providers and visitors
- healthcare workers, first responders and social service providers, including those in private practice
- aboriginal persons
- obese persons
- anyone handling live poultry

More info may be found at www.interiorhealth.ca or by calling our Flu Line at 250-420-2285.

Protect yourself, your family and your community – get immunized with the flu vaccine!!

Your School Public Health Nurse