



# Renfrew County and District Health Unit 2018 Flu Clinic Schedule

**No appointment necessary unless otherwise specified below.**

Influenza is a serious illness that spreads easily from infected people through coughing and sneezing. It can cause severe, life-threatening illness for people in high-risk groups. Anyone can get the flu. Flu shots are available free for all Ontario residents over six months of age.

## CLINIC DATES AT-A-GLANCE

### October

29 – Pembroke

### November

1 – Renfrew  
5 – Barry's Bay  
7 – Cobden  
8 – Pembroke  
14 – Deep River  
15 – Pembroke  
19 – Eganville  
20 – Petawawa  
22 – Arnprior  
26 – Barry's Bay  
27 – Killaloe  
29 – Pembroke

### PEMBROKE

Monday, October 29<sup>th</sup>, 10:00am – 3:00pm  
(by appointment only)

Renfrew County and District Health Unit – 7 International Dr.

### RENFREW

Thursday, November 1<sup>st</sup>, 3:00 pm – 6:00 pm  
Royal Canadian Legion – 30 Raglan St. S

### BARRY'S BAY

Monday, November 5<sup>th</sup>, 2:00pm – 6:00pm  
(by appointment only)

St. Francis Memorial Hospital – 7 St. Francis Memorial Dr.

### COBDEN

Wednesday, November 7<sup>th</sup>, 3:00pm – 6:00pm  
White Water Bromley Community Health Centre –  
70 Main Street

### PEMBROKE

Thursday, November 8<sup>th</sup>, 2:00 pm – 6:00 pm  
Royal Canadian Legion – 202 Pembroke St. E

### DEEP RIVER

Wednesday, November 14<sup>th</sup>, 3:00pm – 6:00pm  
(by appointment only)  
Deep River Library – 55 Ridge Rd.

### PEMBROKE

Thursday November 15<sup>th</sup>, 2:00 pm – 6:00 pm  
(by appointment only)  
Royal Canadian Legion – 202 Pembroke St. E

### EGANVILLE

Monday, November 19<sup>th</sup>, 3:00pm – 6:00pm  
Grace Lutheran Church – 14 Bonnechere St. W

### PETAWAWA

Tuesday, November 20<sup>th</sup>, 3:30pm – 6:30pm  
Royal Canadian Legion – 3583 Petawawa Blvd.

### ARNPRIOR

Thursday, November 22<sup>nd</sup>, 3:00pm – 6:00pm  
Royal Canadian Legion – 49 Daniel St. N

### BARRY'S BAY

Monday, November 26<sup>th</sup>, 3:00pm – 6:00pm  
Royal Canadian Legion – 250 John St.

### KILLALOE

Tuesday, November 27<sup>th</sup>, 3:00pm – 6:00pm  
Killaloe Lions Club – 40 Lake St.

### PEMBROKE

Thursday, November 29<sup>th</sup>, 2:00 pm – 6:00 pm  
(by appointment only)  
Royal Canadian Legion – 202 Pembroke St. E

**Protect yourself.  
Protect your family.**

For more information, visit [www.rcdhu.com](http://www.rcdhu.com) or call the **Health Info Line** 613-735-8666 or 1-800-267-1097 ext. 666,  
**to book your appointment today.**