



Renfrew County and District Health Unit  
"Optimal Health for All in Renfrew County and District"

## For Immediate Release

---

(Pembroke, Ontario, November 2, 2018)

### **Protect Yourself, and Your Loved Ones**

Renfrew County and District Health Unit wants to remind the public that it's flu season. The free flu vaccine is available to all people living, working or attending school in Ontario, who are six months of age or older.

The flu (influenza) is a contagious respiratory infection caused by the influenza virus. The flu can cause mild to severe illness that can lead to hospitalization or even death. Children under five, pregnant women, and seniors are most at risk of complications related to the flu.

Flu viruses are always changing. Each flu season, the flu vaccine is developed to protect against the most common flu viruses that are expected to circulate. That is why it is important to get the flu shot every year. Receiving the flu vaccine is a safe and effective way to protect yourself and your loved ones. Other preventative measures include:

- Clean your hands often with soap and water or use alcohol based hand sanitizer.
- Cough and sneeze into a tissue or your sleeve, not your hand.
- Avoid touching your eyes, nose and mouth.
- Stay at home if you are sick.
- Clean high touch surfaces regularly, such as countertops, telephones and keyboards as flu viruses live on surfaces for up to eight hours.

Renfrew County and District Health Unit is currently offering community based flu clinics across the County. For flu clinic dates and times, visit our website at [www.rcdhu.com](http://www.rcdhu.com).

You can also get your flu shot from participating local pharmacies or your health care provider. Pharmacists can administer the vaccine to people five years of age and older.

-30 -

For more information:

Melissa Botz, R. Kin  
Coordinator, Communications and Emergency Preparedness  
Renfrew County and District Health Unit  
Tel: 613 735-8654 Ext. 512  
Fax: 613-735-3067  
[media@rcdhu.com](mailto:media@rcdhu.com)  
[www.rcdhu.com](http://www.rcdhu.com)