



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

## For Immediate Release

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(Pembroke, Ontario, 4:00 p.m., November 02, 2022)

### **RCDHU 2022/2023 Flu Campaign Update**

Renfrew County and District Health Unit wants to remind the public that the free flu vaccine is now available to all people living, working, or attending school in Ontario who are six months of age and older. Getting vaccinated will be more important as the weather continues to get colder and more activities move indoors.

"Current viral COVID-19 infection rates are persistently high, and influenza has arrived early in North America after a tough season in the southern hemisphere. We are seeing unprecedented hospitalization of children from a third virus, RSV (respiratory syncytial virus). These are all indications that we are going to have a challenging winter. Therefore, I encourage everyone to get a flu shot and the next COVID-19 vaccine available to them. You owe it to yourselves, to your family, friends and to the community at large. Safety and good health are our priority," states Dr. Cushman.

The flu vaccine will be offered alongside the COVID-19 vaccine at the community vaccination clinics. Anyone five years of age or older will be able to receive the flu and COVID-19 vaccine at the same time. Those six months to four years of age can receive other vaccines 14 days prior to or after receiving a COVID-19 vaccine. Click here to view the latest [COVID-19 & Flu Clinic Schedule](#).

The best way to protect each other, including those who are most at risk of experiencing severe outcomes resulting from COVID-19 or flu infections, is to reduce the spread of these viruses by:

- Staying up to date with your COVID-19 vaccines (including the bivalent booster dose, which is available to those 12 years of age and older).
- Receiving the free flu shot.
- Cleaning your hands often with soap and water or use alcohol-based hand sanitizer.
- Coughing and sneezing into a tissue or your sleeve, not your hand.
- Avoiding touching your eyes, nose and mouth.
- Staying at home if you are sick.
- Cleaning high touch surfaces regularly, such as countertops, telephones and keyboards as flu viruses live on surfaces for up to eight hours.

Currently, walk-in appointments are accepted at all COVID-19 and flu vaccine clinics, **aside from the Novavax clinics**, where appointments are still required. For more information on the

COVID-19 vaccine, including how to book a Novavax COVID-19 vaccination appointment, visit <https://www.rcdhu.com/novel-coronavirus-covid19-vaccine-rollout/>. For more information on the flu vaccine, including which options are available for those 65 years of age or older, visit <https://www.rcdhu.com/clinics-classes/flu-clinics/>.

You can also get your flu shot from participating local pharmacies or your health care provider.

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