



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

For Immediate Release

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Get Your Flu Shot as Soon as Possible

Who would have thought that the flu would be back with a vengeance after a decline in cases since 2018. Positive tests for the flu have been doubling week to week adding to the overall burden of COVID-19 and respiratory syncytial virus (RSV) in the youngest population.

"The good news is that we have a vaccine that is well suited to protect people from the flu strains currently in circulation. Vaccines are developed a year in advance, and it is difficult to predict what influenza strains will be circulating. This year, the match is excellent," states Dr. Robert Cushman, Acting Medical Officer of Health, Renfrew County and District Health Unit.

Currently, COVID-19 cases are relatively stable, but it is predicted that new strains will continue to arise. Thankfully, we have effective vaccines. In contrast, RSV levels are at an all-time high and have had a devastating impact on young children and their families, with no vaccine to combat the current surge in RSV cases.

"We must do everything we can to protect ourselves, our loved ones and the community going into the holiday season and winter. We do not want to jeopardize childcare, school, and ultimately the economy which desperately needs workers and customers at this key time of year," reminds Dr. Cushman.

Staying up to date on vaccinations, masking in indoor public settings, practicing good hand hygiene, and staying home if you are ill, remain the top precautions for personal protection. Flu shots (available for all individuals six months of age and older) and COVID-19 vaccines are available through [RCDHU vaccination clinics](#), family doctors, and [pharmacies](#).

"We thank you for your cooperation as this is what is needed to get us safely through this critical time, as we work hard to protect ourselves, our hospitals, and to keep the economy going through the holiday season," concludes Dr. Cushman.

Renfrew County and District
Health Unit Fax: 613-735-3067
media@rchu.com
www.rcdhu.com