



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

For Immediate Release

(Pembroke, Ontario, October 10th, 2023)

RCDHU Fall COVID-19 and Flu Vaccine Program Update

Renfrew County and District Health Unit (RCDHU) is pleased to offer COVID-19 and flu community immunization clinics this fall.

As of October 10th, clinics will open to **individuals at higher risk of severe COVID-19 and flu infections only**. The new COVID-19 and flu vaccines will be offered on a walk-in basis, no appointment required. High-risk individuals are eligible to receive the new COVID-19 XBB 1.5 vaccine if it has been 6 months (168 days) since their last COVID-19 vaccination or known COVID-19 infection. Starting the week of October 16th, both vaccines will also be available to high-risk individuals at [participating pharmacies](#).

Currently eligible individuals at higher risk include:

- Residents and staff of congregate living settings (e.g., chronic care facilities, retirement homes)
- Pregnant individuals
- Individuals 65 years of age and older
- All children 6 months to 4 years of age (influenza only)
- Individuals who are from a First Nation, Inuit or Métis community, and/or who self-identify as First Nation, Inuit, or Métis, and their household members
- Individuals 6 months of age and older with underlying health conditions, per National Advisory Committee on Immunization ([Influenza](#), [COVID-19](#))
- Members of racialized and other equity deserving communities
- Health care workers and first responders

Starting October 30th, RCDHU's COVID-19 and flu clinics will be open to anyone 6 months of age and older, no appointments required.

"We are already seeing an increase in COVID-19 illness across Renfrew County and District," says Dr. Jason Morgenstern, Medical Officer of Health at RCDHU. "Later this fall, we also expect an earlier and more severe flu season than typical years. Altogether, we anticipate another serious respiratory illness season, with impacts on our community and healthcare system. I strongly encourage everyone eligible to receive their updated COVID-19 and flu

vaccines, which will help you to stay healthy while also protecting those most vulnerable in our community."

Take steps to protect yourself and the community from respiratory illnesses:

- Keep your COVID-19 and flu vaccinations up to date
- Stay home when sick
- [Optimize indoor ventilation and air quality](#)
- Consider wearing a tight-fitting, well-made mask in indoor public settings
- Clean your hands often and avoid touching your face with unclean hands
- [Access testing](#) and treatment if you are at [high risk of severe infection](#)

For RCDHU's clinic dates and locations, please visit our [COVID-19 and Flu Clinic Schedule](#). Stay connected by visiting www.rcdhu.com.

For a list of participating pharmacies, visit [COVID-19 pharmacy vaccine locations](#). It is recommended that you contact the pharmacy ahead of time as appointments may be required. COVID-19 and flu vaccines may also be available through your health care provider.

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