



Renfrew County and District Health Unit

"Optimal Health for All in Renfrew County and District"

For Immediate Release

(Pembroke, Ontario, November 7, 2025)

First local influenza case of the 2025/2026 season

Renfrew County and District Health Unit (RCDHU) has received laboratory confirmation of the first local case of influenza A for the 2025-2026 season.

Seasonal influenza, commonly known as the flu, is a contagious viral respiratory illness that affects the nose, throat, and lungs. The flu vaccine (flu shot) is the most effective way to prevent influenza infection and severe illness.

Flu shots are available for anyone aged 6 months or older at RCDHU clinics across Renfrew County and District, at participating pharmacies, or from your primary care provider.

To see the full RCDHU clinic schedule and to book your flu shot, visit www.rcdhu.com or call us at 613-732-9436 or 1-833-773-0004.

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