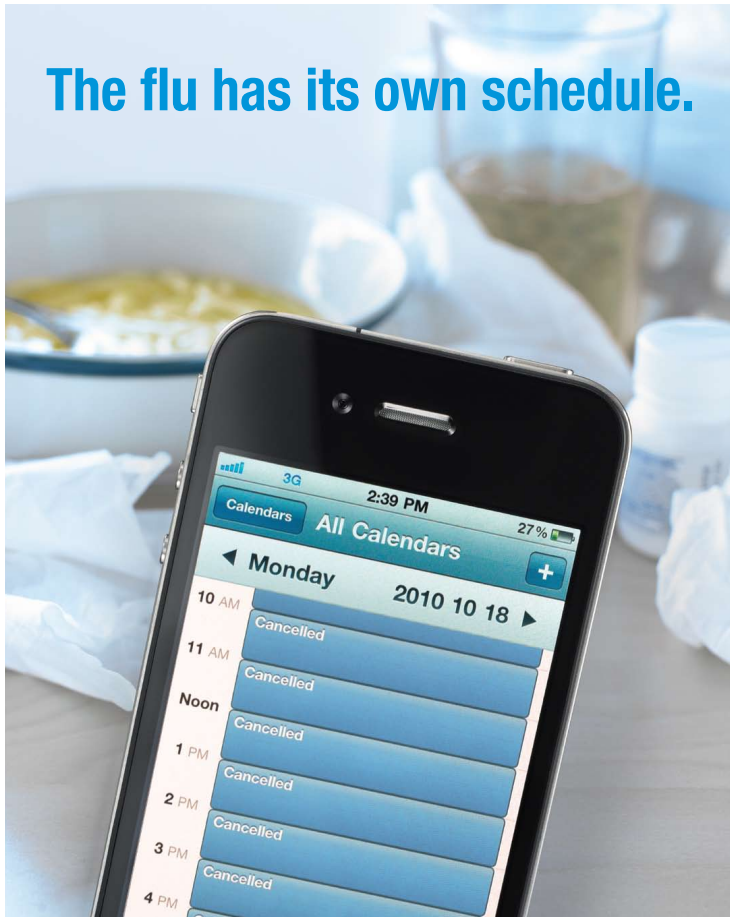




## The flu has its own schedule.



The flu really doesn't care what you've planned. Business meetings. Dream vacations. Sporting events. The flu can cancel them all.

So schedule a flu vaccination appointment with your doctor or healthcare provider. **Do it today before the flu clears your calendar.**

### **Did you know?**

The influenza virus can survive up to 48 hours on nonporous surfaces like a telephone, computer keyboard, doorknob, kitchen countertop or toys.

Symptoms take up to a week to develop, therefore, you may be spreading the virus and not even know it!

## **Influenza Facts**

### **What is "the flu"?**

Influenza, or the flu, is a common and highly contagious respiratory illness caused by a virus. Various strains of the virus circulate throughout the world year-round and cause local outbreaks. In Canada, flu season usually runs from November to April and an estimated 10-25% of Canadians get the flu each year.

### **How is it spread?**

It is spread through droplets that an infected person coughs or sneezes into the air. You can get the flu by breathing in these droplets through your nose or mouth, or by the droplets landing directly on your eyes. The flu virus is also found on the hands of people with the flu and on surfaces they have touched. It can survive outside the body on unwashed hands for 5 minutes, on tissues or clothing for 8-10 hours and on hard surfaces, such as tables and telephones, for 2 days. You can become infected if you shake hands with an infected person or touch a contaminated surface and transfer the virus to your own eyes, nose or mouth.

### **When is someone infectious?**

Influenza takes 1-4 days to incubate in humans, but infected people become contagious before symptoms appear, often just the day after the virus enters the body. Adults remain infectious and they can spread the virus to others for about 6 days. Children can remain infectious for up to 10 days.

### **What are the symptoms?**


A case of influenza typically starts with a headache, chills and cough, which are followed rapidly by fever, loss of appetite, muscle aches, fatigue, runny nose, sneezing, watery eyes, and throat irritation. Children may have nausea, vomiting and diarrhoea but these symptoms are uncommon in adults.

### **How long will it last?**

Symptoms of influenza generally last a week to ten days. But can last for up to one month. Some people are at greater risk for more severe complications.

### **How can I tell if it's a cold or the flu?**

Many people use the terms "flu" or "stomach flu" to describe other illnesses that may actually be a cold or a mild case of food poisoning. There is no such thing as "stomach flu". Although the common cold is also caused by a virus, the flu and common cold differ in several ways.



The flu vaccine can give you the flu!

**The flu vaccine cannot give you the flu.** The vaccine contains dead influenza viruses and they cannot cause infection.



The flu shot often causes serious side effects.

**The benefits of the flu vaccine far outweigh the risks.** The flu vaccine can have side effects, but they are usually mild. The risk of serious side effects is very low. In fact, the risk of serious complications from the flu itself is far greater.

**4 Things  
“They” Say About  
the Flu Vaccine  
...and 4 Reasons  
Why They’re  
Wrong.**

**Each year in Canada, 4,000 people die from the flu or complications, such as pneumonia.**

Seasonal flu in people considered to be ‘high risk’, such as people who are over 65 and/or those who suffer from chronic diseases such as asthma, diabetes or a heart condition, can lead to more serious health concerns.

**Vaccination is the best way to help prevent the flu and to reduce the risk of spreading it to others.**

It is true that some people who get vaccinated still get sick. Because each person is different, about 10 to 15% of people vaccinated won’t develop immunity to the flu. However, vaccination can still help reduce the severity of the flu in these people.



Bah. It’s just the flu.



The flu vaccine doesn’t work.

**It’s your health. Trust it to the experts.  
Talk to your doctor about the flu vaccine today.**

# Public Health Flu Vaccine Clinics



**The # 1 Way to Prevent Influenza is to get vaccinated!**

<b>Date</b>	<b>Location</b>	<b>Time</b>
October 27	<b>DURHAM</b> Rockwood Terrace	3-7
October 28	<b>OWEN SOUND</b> Public Health	9-3
November 1	<b>HANOVER</b> Hanover Heights Elementary School	3-8
November 2	<b>PORT ELGIN</b> Northport Elementary School	4-8
November 3	<b>LUCKNOW</b> Lucknow Central School	4-8
November 7	<b>OWEN SOUND</b> Public Health	1-8
November 8	<b>LIONS HEAD</b> Bruce Peninsula School	4-8
November 9	<b>WALKERTON</b> Knights of Columbus Hall	3-8
November 10	<b>WIARTON</b> Peninsula Shores School	4-8
November 14	<b>MARKDALE</b> Community Health Centre – 55 Victoria St.	4-8
November 17	<b>KINCARDINE</b> Medical Clinic	4-8
November 22	<b>MEAFORD</b> Georgian Bay Secondary School	3-8
November 23	<b>CHESLEY</b> Chesley Community Centre	3-8
November 24	<b>DUNDALK</b> Highpoint Community School	4-8
November 30	<b>OWEN SOUND</b> Public Health	1-8

**Please bring your driver's licence and Health Card with you to the clinic.  
You can still get your flu vaccine if you do not have these with you.**

**For more information call Public Health 519-376-9420 or 1-800-263-3456**

**Or [www.publichealthgreybruce.on.ca](http://www.publichealthgreybruce.on.ca)**