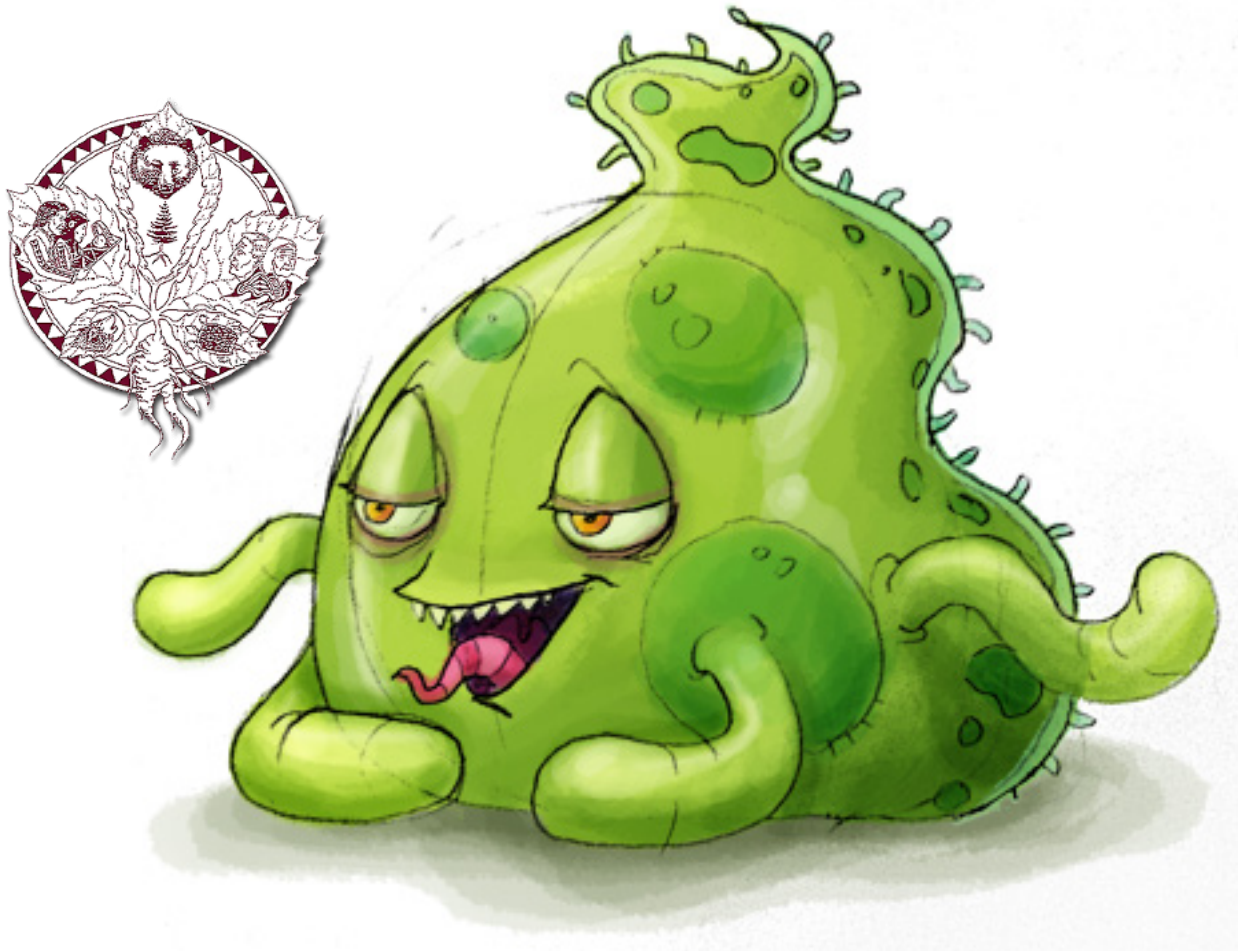


Seasonal Flu Clinics



**Get the Vaccine,
Not the Flu!**

**For more information, or if you have any questions,
please contact the
Community Health Unit
Kateri Memorial Hospital Centre
(450) 638-3930**

Seasonal Flu Clinics

All clinics take place at KMHC unless otherwise indicated.
Please call (450) 638-3930 for more information.

Children under 14 years old must be accompanied by a parent or legal guardian who can give consent for the vaccine or an adult with written consent from a parent.

There is NO cost to receive this vaccine.

Wednesday, November 2, 2016	9:00 a.m. to 4:30 p.m.
Thursday, November 3, 2016	1:00 p.m. to 8:30 p.m.
Friday, November 4, 2016	9:00 a.m. to 4:30 p.m.
Saturday, November 5, 2016	9:00 a.m. to 12:30 p.m.
Thursday, November 10, 2016	1:00 p.m. to 8:30 p.m.
Monday, November 14, 2016	1:00 p.m. to 8:30 p.m.
Friday, November 18, 2016	9:00 a.m. to 4:30 p.m.

Special Clinics

At the Golden Age Club
(For everyone)

Wednesday, November 2, 2016
from 10:00 a.m. to 12:30 p.m.

At KMHC

Children – 6 mos to 23 mos.
Wednesday, November 2, 2016
from 3:00 p.m. to 5:00 p.m.

**For more information,
please contact the
Community Health Unit
(450) 638-3930**

Who should get the flu shot?



Pregnant Women



Kids (over 6 months)



Adults and children with chronic diseases



Seniors



If you have a family member/friend/colleague who has a chronic disease, a child under 6 months or any of the above



Health professionals



Caregivers

WHEN SHOULD I CALL A DOCTOR?

- Any infants less than 8 months of age with fever - rectal temperature greater than 38 °
- Any children with sudden rise in temperature, earpain, wheezing or difficulty breathing.
- Any adult with difficulty breathing, fever which does not respond to antipyretics (Tylenol or Advil) or fever which lasts longer than 24 hours.
- In adults with chronic medical conditions – diabetes, lung disease, heart disease, advanced age or frailty.

HOW TO TELL THE DIFFERENCE BETWEEN THE FLU AND A COLD

Is it the Flu or a Cold?

SYMPTOMS	COLD	FLU
Fever	Mild 38° - 39°	Typical 38° - 40° C (102°-104°)
Headache	Rare	Usual – can be severe
Chills	Typical	Typical
Body aches	Slight	Typical, often severe
Fatigue, weakness	Quite mild	Extreme – may last 2-3 weeks
Extreme fatigue	Unusual	Unusual early onset, can be severe
Runny nose, congestion	Typical	Common
Sneezing	Typical	Sometimes
Sore throat	Typical	Common
Cough	Mild to moderate	Typical, may be severe
Chest pain	Mild to moderate	Typical, may be severe
COMPLICATIONS	Sinus congestion, earache	Bronchitis, pneumonia
PREVENTION	FREQUENT HANDWASHING	ANNUAL VACCINATION & FREQUENT HANDWASHING

Cold and Flu Prevention Tips

1	Cover your mouth and nose with a tissue when you cough or sneeze.
2	WASH YOUR HANDS FREQUENTLY THROUGHOUT THE DAY , especially after you have covered your mouth for a cough or sneeze.
3	When you do have a cold, keep your hands away from your nose and eyes as much as possible.
4	As soon as you have used a tissue, throw it away. (Note: It is better to give your child tissues rather than handkerchiefs. Because tissues are disposable, they don't present the same risk of infection that handkerchiefs do.)
5	Don't stay too close to another person who has a cold.
6	ANNUAL VACCINATION AGAINST THE FLU. FREQUENT HANDWASHING