

ALERT: First Local Cases of Seasonal Influenza Reported

November 22, 2012

Peterborough County-City
HEALTH UNIT
...because health matters!

Attention: Healthcare Providers in Peterborough County and City:

The Peterborough County-City Health Unit received a report of the first two local cases of seasonal influenza on November 21, 2012.

The Health Unit recommends the following precautions to reduce the spread of infection:

- Encourage influenza immunization
- Stay home if feeling unwell
- Wash hands frequently
- Clean and sanitize commonly-used surfaces frequently
- Cough or sneeze into sleeves or tissue and washing hands afterwards

The flu shot is recommended for everyone over six months of age. It is especially important for people with a weakened immune system, pregnant women, young children, the elderly and anyone who takes care of people in these groups.

The Health Unit is running two more community vaccination clinics as follows:

- **Thursday, November 22 from 2:00 p.m. to 6:00 p.m.**
Cavan-Monaghan Gymnasium, 988 County Road 10, Millbrook
- **Wednesday, November 28 from 4:30 p.m. to 7:30 p.m.**
Activity Haven, Queen Alexandra Building, 180 Barnardo Ave., Peterborough

Vaccine is available at physician and nurse practitioner offices.

For further information or to order vaccine, please call:

Vaccine Preventable Disease Program
705-743-1000, ext. 139

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Medical Officer of Health

www.pcchu.ca