

MEDIA RELEASE

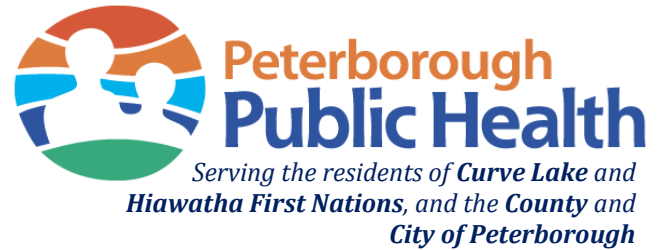
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FOR IMMEDIATE RELEASE

Monday, November 20, 2017, Peterborough

First Local Influenza Case of the Season Reported

*Free Flu Shots Available Throughout the Community,
Including December 4 Clinic in Millbrook*

Peterborough Public Health reported the first local lab-confirmed case of seasonal influenza today.

"The case is lab-confirmed for influenza, and we now know that seasonal influenza is circulating in our community," said Dr. Rosana Salvaterra, Medical Officer of Health. "Usually there are more cases of influenza in the community than are reported by the lab, so we strongly encourage residents to get their flu shot to protect themselves and others as it's still early in the season."

Dr. Salvaterra noted that last year's first lab-confirmed case which Peterborough Public Health reported on was November 17, 2016.

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.

Flu shots are widely available at many local pharmacies, from physician offices, and local walk-in clinics. To find out where free flu shots are available in the community, visit the flu clinic locator on www.peterboroughpublichealth.ca.

Since October 11, 2017 Peterborough Public Health has distributed over 29,000 doses locally, which is in addition to those pharmacies who receive vaccine directly from other distributors approved by the Ministry of Health and Long-Term Care.

Peterborough Public Health is also offering a free influenza vaccine clinic in Millbrook, on **Monday, December 4, 2016, from 6:00 to 8:00 p.m.** The clinic is taking place at the Cavan Monaghan Township Office Gymnasium on 988 County Road 10 in Millbrook. No appointment necessary, and walk-ins welcome.

Dr. Salvaterra advised that in addition to getting the flu shot people take the following precautions to reduce the spread of infection:

- Stay home if feeling unwell
- Wash your hands frequently
- Clean and sanitize commonly-used surfaces frequently
- Cough or sneeze into your sleeve or tissue and washing hands afterwards

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For further information, please contact:

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