

Stay Healthy And Get The Flu Shot

McGuinty Government Encourages Ontarians To Avoid Getting Sick This Flu Season

NEWS

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The Ontario government is encouraging Ontarians to avoid getting sick this flu season by getting their annual flu shot.

The province is making the influenza vaccine available free of charge for the 11th year in a row to anyone over six months of age who lives, works or attends school in Ontario.

Ontarians are encouraged to keep healthy this coming winter by getting the flu shot, especially those at higher risk of influenza related complications. This includes the elderly, young children, pregnant women and people with pre-existing health conditions. The flu shot is a safe and effective way for Ontarians and their families to stay healthy this winter.

The flu shot is available in doctors' offices, community influenza clinics offered by health units, community health centres, family health teams, community care access centres, hospitals, long-term care homes, pharmacy-based clinics and workplace clinics across the province.

QUOTES

"I rolled up my sleeve to get my annual flu shot today and I encourage all Ontarians to do the same. The flu shot is the single most effective way to protect yourself and your family from the flu."
– Deb Matthews, Minister of Health and Long-Term Care

"The flu season is now upon us and the flu shot is a safe, effective and healthy choice for Ontarians. The main circulating strain so far has been Influenza A, H3N2, which is included in this year's vaccine."
– Dr. Arlene King, Ontario's Chief Medical Officer of Health

QUICK FACTS

- This year's flu shot includes the H1N1 vaccine and two other flu strain vaccines.
- The flu shot program prevents over 30,000 hospital emergency room visits every year.
- Ontario's overall flu activity has been low so far this year and has mostly been concentrated in and around the Greater Toronto Area.

LEARN MORE

[Find a flu clinic in your community.](#)

[Learn the facts about the flu.](#)

[Find out more about Ontario's flu shot program.](#)

For public inquiries call ServiceOntario, INFOline at 1-866-532-3161 (Toll-free in Ontario only)

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