

2018 Flu season- notice

Flu season is right around the corner. For most, influenza is an inconvenience that will cause a few days of fever, cough, and generally feeling unwell. For some, the highly contagious disease can lead to severe complications that require hospitalization or worse. High risk groups for influenza include health care workers, adults and children with chronic health conditions, residents of nursing homes and long term care facilities, seniors, pregnant women, and children younger than five years but older than six months of age.

Immunizations are the best way to protect yourself, your family and those around you from influenza. The vaccine is safe, effective and proactive. The Saskatchewan Health Authority will begin its seasonal influenza clinics on October 22, 2018.

How to prevent the flu

The best way to protect against the flu is to get a yearly flu vaccine. The flu vaccination is recommended for everyone six months and older, every year. In addition to getting the flu vaccine, you can help prevent the spread of germs by doing a few simple actions:

- Cover your nose and mouth when you cough or sneeze;
- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based rub;
- Avoid touching your eyes, nose and mouth; and
- While sick, limit contact with others as much as possible. This may mean you have to stay home.



Vaccine is available to all Saskatchewan residents over the age of six months, free of charge. Any person can attend public clinics to receive their immunization. To find a public clinic near you, please visit www.4flu.ca or call HealthLine at 811. In addition to the public health clinics, you may choose to receive your immunization from participating physician/nurse practitioner offices and pharmacies. New this year, participating pharmacies can vaccinate children five years of age and older.

Keep yourself and your loved ones protected from flu this season, get your flu shot!