

Sunrise Update

OCTOBER 20, 2017



Ways to find a clinic near you:

- **Check your mailbox.** A list of clinic locations has been distributed to every home mailbox in the region (you will not receive one if you have requested to not receive flyers from Canada Post).
- **Call Healthline at 811**
- **Social media**
Daily clinic locations are posted on Facebook and Twitter.
- **Call 1-866-800-5510**
Daily clinic locations are recorded on the Sunrise Daily Information Update Line.
- **Visit our website.**
The clinic list can be found on the region website.

www.sunrisehealthregion.sk.ca



Influenza Immunization - Did You Know?

Influenza immunization clinics begin across the region on October 23, 2017. A total of 95 clinics in 37 communities are planned in Sunrise Health Region from October, 2017 to January, 2018.

The influenza vaccine is a safe, effective way for people to protect themselves and those close to them during the influenza season. The vaccine is recommended for residents of all ages, including children over the age of 6 months, all of whom can get immunized as soon as the influenza clinics start on October 23rd.

Did you know:

- Influenza and pneumonia are ranked among the top 10 leading causes of death in Canada.
- **You can be a carrier of influenza and pass it on to others** who may be at risk of serious complications; all before you know you are sick.
- **The influenza vaccine cannot cause influenza illness** because it does not contain any live virus; it is a fragment of the destroyed virus which helps produce antibodies against influenza. **It's impossible to get influenza and it's impossible to spread influenza from the injection.**
- Annual vaccination is required because the body's immune response from vaccination diminishes within a year.
- You can get vaccinated even if you have an **egg allergy**. Egg allergic individuals may be given the full dose vaccination without a prior influenza vaccine skin test. The vaccine can be given in any setting where vaccines are routinely administered.
- **Pregnant women can receive the influenza vaccination** at any stage of pregnancy. There is also evidence that vaccination of pregnant women protects their newborns from influenza and influenza-related hospitalization.
- The influenza vaccine **saves lives!** It has been shown to be effective in reducing the number of physician visits, hospitalizations and deaths in high-risk adults.

"Getting vaccinated early in the season is important to receive maximum protection against the influenza virus. It is especially important for people at high-risk of influenza complications and for their caregivers; this includes young children, those over the age of 65, pregnant women, persons with underlying health conditions, and persons who are immune-compromised."

*- Dr. Ashok Chhetri,
Medical Health Officer*

Receiving the influenza immunization each year is the best method to prevent the spread of infection. Give yourself the best opportunity to stay healthy this season by not waiting to get vaccinated.

If you have any questions, contact Public Health at **306-786-0600**, your local Public Health Office or **visit our website:**

www.sunrisehealthregion.sk.ca

