

# 2015 Community flu vaccination clinics

Each year the Government of Ontario offers FREE seasonal influenza (flu) vaccinations to all adults and children over six months of age.

You can get your flu vaccination at an Oxford County Public Health community clinic starting October 26, from your family doctor or health care professional, or participating pharmacies.

	COMMUNITY	LOCATION	TIME
MON, OCT 26	WOODSTOCK	Oxford Auditorium (Fairground), 875 Nellis St.	3:00 p.m. – 7:00 p.m.
TUES, OCT 27	TILLSONBURG	Tillsonburg Complex (Lion's Aud.), 45 Hardy St.	3:00 p.m. – 7:00 p.m.
THURS, OCT 29	TAVISTOCK	Tavistock Public School, 79 Maria St.	4:00 p.m. – 6:00 p.m.
MON, NOV 2	INGERSOLL	Ingersoll Senior Centre, 250 Ingersoll St. S	3:00 p.m. – 6:00 p.m.
WED, NOV 4	NORWICH	Norwich Community Centre, 53 ½ Stover St. S	4:00 p.m. – 6:00 p.m.
THURS, NOV 5	DRUMBO	Blenheim Public School, 32 Wilmot St.	4:00 p.m. – 6:00 p.m.
SAT, NOV 7	WOODSTOCK	Cowan Park (Soccer Club), 895 Ridgewood Dr.	10:00 a.m. – 1:00 p.m.
MON, NOV 9	THAMESFORD	Thamesford Community Centre, 85 Middleton St.	4:00 p.m. – 6:00 p.m.
TUES, NOV 10	PLATTSVILLE	Plattsville Public School, 112 Mill St. E	4:00 p.m. – 6:00 p.m.
WED, NOV 11	MOUNT ELGIN	Mt. Elgin Community Centre, 333204 Plank Line	4:00 p.m. – 6:00 p.m.
THURS, NOV 12	EMBRO	Zorra Highland Park PS, 376368 County Rd. 6	4:00 p.m. – 6:00 p.m.
MON, NOV 16	INGERSOLL	St. Jude's Catholic School, 30 Caffyn St.	4:00 p.m. – 7:00 p.m.
TUES, NOV 17	WOODSTOCK	Fanshawe College, 369 Finkle St.	3:00 p.m. – 6:00 p.m.

For more information call Oxford County Public Health & Emergency Services  
 519.539.9800  
 1.800.755.0394 ext. 3484  
[www.oxfordcounty.ca/flu](http://www.oxfordcounty.ca/flu)



# THE SOONER YOU GET THE FLU VACCINE, THE SOONER YOU'RE PROTECTED.

## Why get the flu vaccine?

Influenza is a serious illness that can lead to pneumonia. On average, the flu and its complications send about 20,000 Canadians to hospital every year, and between 2,000 and 8,000 Canadians die.\*

The flu vaccine is safe and it's the most effective way to protect you and your family from the flu. The Ontario Ministry of Health and Long Term care reports the flu vaccine can prevent 60-80%\*\* of influenza in healthy adults and children.

## What's in the flu vaccine?

Every year, the vaccine is manufactured to contain the flu virus strains that are likely to be circulating in the upcoming flu season. This year's adult vaccine contains protection against three virus strains and the pediatric vaccine contains four virus strains. You cannot get influenza from the flu vaccine.

For more information on the flu vaccine visit: [www.health.gov.on.ca/en/public/programs/publichealth/flu/](http://www.health.gov.on.ca/en/public/programs/publichealth/flu/)

## How does it work?

The flu vaccine strengthens your immune system against strains of the flu virus. It does this by stimulating your immune system to build up antibodies against the virus, making it stronger so that it's ready to fight off the illness before it starts.

\* Public Health Agency of Canada, [www.fightflu.ca](http://www.fightflu.ca)

\*\* Influenza Vaccine Fact Sheet – Sept. 2013  
Ontario Ministry of Health and Long Term Care

## Why should I get the flu vaccine early in the season?

Getting your flu vaccine early in the season lets your immune system build up antibodies sooner, so it's ready when flu season starts. It can take up to 2 weeks for antibodies to build up after you get the vaccine. So make sure to get the flu vaccine early this year.

## Who should get it?

The flu vaccine is recommended for everyone over six months of age. It's especially important for:

- People with weakened immune systems,
- young children,
- pregnant women ,
- seniors and;
- anyone who takes care of people in these groups

## What are the potential side effects?

The most common side effect from a flu vaccine is soreness at the injection site. It is usually temporary and rarely interferes with normal activities. Intranasal spray side effects include a runny nose and nasal congestion.

The flu vaccine is available through your family doctor or health care provider, participating pharmacies and at Public Health community clinics starting October 26, 2015. For information on flu vaccine clinics in your area:

Call 519.539.9800 | 1.800.755.0394 Ext. 3484 or  
Visit [www.oxfordcounty.ca/flu](http://www.oxfordcounty.ca/flu)