

# Media Update

H1N1 Flu Virus



**November 18, 2009 - For immediate release**

*Timiskaming* – As of November 19, the H1N1 flu vaccine will be available to all Ontarians regardless of age or medical condition. The Timiskaming Health Unit (THU) continues to offer the vaccine through community clinics. People can call the THU info line at 1-866-302-4309 for clinic information or visit the THU website at [www.timiskaminghu.com](http://www.timiskaminghu.com). People can also contact their health care provider to see if they are offering the H1N1 flu vaccine.

H1N1 flu activity continues to be high in many areas of the province and is above what's been seen in past flu seasons. Everyone is encouraged to get an H1N1 flu shot. It's the best way for people to protect themselves and those around them.

It takes about seven to ten days to develop immunity after getting the vaccine. Even after getting the H1N1 flu shot, it's important for everyone to do their part to prevent the spread of H1N1 — wash your hands often, keep your hands away from your face, cough or sneeze into a tissue or sleeve, disinfect common surfaces and stay home if you do get sick.

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Clinic info as of Nov. 18 @ 5:30pm

Englehart                                      November 19    1 – 4pm    Community Complex

Temiskaming Shores    November 20    3 – 6pm    Dymond Hall

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