

Keep Georgina Healthy!

Written by Administrator
November 03, 2011

Flu season is now upon us. Residents of Georgina are encouraged to get their influenza vaccine. "The influenza vaccine provides the best protection against the flu virus every year. All residents, especially those at high-risk, are encouraged to get the vaccine and to take other precautionary measures to avoid getting sick".

The flu season typically runs from November to April and is easy to catch and spread. Whether you are healthy or not, you are at risk. However, those risks increase in seniors, young children, pregnant women, and anyone suffering with chronic illnesses.

Flu symptoms include:

- Headache
- Chills / Fever
- Coughing / Sore Throat
- Loss of Appetite
- Runny Nose
- Water Eyes
- Fatigue

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- Muscle Aches
- Nausea / Vomiting
- Diarrhea

The flu can result in hospitalization or death in serious cases. Other ways to prevent infection is hand washing, hand sanitizer, sneezing into tissues, and staying home when sick.

York Region's Public Health Department has arranged free influenza vaccine clinics for residents of York Region.

Georgina Ice Palace Hall – 90 Wexford Drive - Tuesday, November 22nd - 4 – 8 pm

Keswick Club 55 Main Hall – 130 Gwendolyn Blvd. – Thurs., November 24th - 3 – 7 pm

Georgina Leisure Pool – 5279 Black River Road – Wed., November. 23rd – 4 – 8 pm

For more information about the flu or to find additional flu clinics go to [www.york.ca /flu](http://www.york.ca/flu) or contact York Region Public Health 1-800-361-5653.