

This year it's a different flu season.



Seasonal Flu Vaccination Clinics are Starting for People 65 Years and Older...

Clinic Dates	Where	Vaccination	Who is eligible?
Thursday, October 15 2:00 p.m. to 7:00 p.m.	Evinrude Centre 911 Monaghan Road, Peterborough	Seasonal Flu	Ontarians 65 and over
Monday, October 19 10:00 a.m. to 3:00 p.m.	Douro Community Centre Hwy 28 & County Road 4, Douro	Seasonal Flu	Ontarians 65 and over
October 2009	Family Physicians or Nurse Practitioners	Seasonal Flu	Ontarians 65 and over
October 2009	Distributed to long-term care homes	Seasonal Flu	Long-term care residents
November 2009	To be posted on www.pcchu.ca	H1N1	All Ontarians
December 2009/ January 2010	To be posted on www.pcchu.ca	Seasonal Flu	Ontarians under 65

With two types of flu viruses circulating in Ontario, it's more important than ever to know when to schedule your shots this year. Be sure to talk to your health care provider about flu vaccinations and what's best for you and your family.

How can you protect yourself against the flu?



Wash hands thoroughly & often.



Keep alcohol-based hand sanitizer handy.



Cough or sneeze into sleeve or tissue.



Keep surfaces & items disinfected.

For more information, please call **743-1000** or visit www.pcchu.ca.