



# Mamawetan Churchill River Health Region

## Public Service Announcement

November 19, 2009

For more information, contact:  
Linda Mikolayenko, 425-4812

### H1N1 and seasonal flu clinics scheduled

The Mamawetan Churchill River Health Region is adding the seasonal vaccine for high risk individuals to upcoming flu clinics. These clinics will also be an opportunity for those who have not yet received the H1N1 vaccine, and for eligible children to receive their second H1N1 dose.

The H1N1 vaccine is free and available to everyone over the age of 6 months. No appointment is necessary.

All children from 6 months to under 3 years, and children from 3 years to 9 years that have chronic health conditions are eligible to receive a second dose, as long as it has been at least 21 days since their first dose. For the time being, children from 3 years to 9 years who are healthy do not require a second dose.

The unadjuvanted vaccine is available for pregnant women under 20 weeks.

Please bring your Saskatchewan Health Card and wear a short-sleeved T-shirt. You will be required to complete a consent form. This form is available at the clinics and is on the health region website: [www.mcrrha.sk.ca](http://www.mcrrha.sk.ca)

Seasonal influenza vaccine will be available free of charge for the following individuals who are at risk for developing complications related to influenza:

- Pregnant women
- Infants and children aged 6 months to 23 months
- Individuals aged 65 years and older
- Individuals under 65 with chronic medical conditions
- Healthcare workers

Please watch for further announcements on seasonal vaccine sales to those who are not high risk.

The schedules for the various communities are posted on the health region website. Attached is a regional schedule by date and location.

**H1N1 only clinics will be held at the La Ronge Health Centre on Thursday, November 19, from 8:00 a.m. to 5:00 p.m. and on Friday, November 20, from 8:00 a.m. to noon.**



## **Mamawetan Churchill River Health Region**

### **H1N1 and Seasonal Flu Clinics**

#### **by Date**

**(Current as of November 19, 2009)**

#### **Thursday, November 19**

Denare Beach, P.B.C.N. Band Office, 10:00 a.m. to 8:00 p.m.

#### **Monday, November 23**

Creighton Health Centre, 9:00 a.m. to 4:00 p.m.

Timber Bay School, 10:30 a.m. to 12:00 noon

Weyakwin, Health Centre, 2:00 p.m. to 4:00 p.m.

#### **Monday, November 30**

Pinehouse Health Centre, 8:30 a.m. to 4:30 p.m.

Creighton Health Centre, 1:00 p.m. to 8:00 p.m.

#### **Tuesday, December 1**

Pinehouse Health Centre, 8:30 a.m. to 4:30 p.m.

Sandy Bay, Health Centre, 1:00 p.m. to 7:00 p.m.

#### **Wednesday, December 2**

Sandy Bay Health Centre, 10:00 a.m. to 3:00 p.m.

#### **Monday, December 7**

Denare Beach, P.B.C.N. Band Office, 11:00 a.m. to 6:00 p.m.

#### **Tuesday, December 8**

Creighton Health Centre, 11:00 a.m. to 6:00 p.m.

#### **Monday, December 14**

La Ronge Health Centre, 8:30 a.m. to 6:00 p.m.

#### **Tuesday, December 15**

La Ronge Health Centre, 8:30 a.m. to 4:00 p.m.

#### **Wednesday, December 16**

La Ronge Health Centre, 8:30 a.m. to 4:00 p.m.



## **Mamawetan Churchill River Health Region**

### **H1N1 and Seasonal Flu Clinics**

#### **by Location**

**(Current as of November 19, 2009)**

#### **Creighton**

Monday, November 23, Creighton Health Centre, 9:00 a.m. to 4:00 p.m.

Monday, November 30, Creighton Health Centre, 1:00 p.m. to 8:00 p.m.

Tuesday, December 8, Creighton Health Centre, 11:00 a.m. to 6:00 p.m.

#### **Denare Beach**

Thursday, November 19, P.B.C.N. Band Office, 10:00 a.m. to 8:00 p.m.

Monday, December 7, P.B.C.N. Band Office, 11:00 a.m. to 6:00 p.m.

#### **La Ronge**

Monday, December 14, La Ronge Health Centre, 8:30 a.m. to 6:00 p.m.

Tuesday, December 15, La Ronge Health Centre, 8:30 a.m. to 4:00 p.m.

Wednesday, December 16, La Ronge Health Centre, 8:30 a.m. to 4:00 p.m.

#### **Pinehouse**

Monday, November 30, Pinehouse Health Centre, 8:30 a.m. to 4:30 p.m.

Tuesday, December 1, Pinehouse Health Centre, 8:30 a.m. to 4:30 p.m.

#### **Sandy Bay**

Tuesday, December 1, Sandy Bay Health Centre, 1:00 p.m. to 7:00 p.m.

Wednesday, December 2, Sandy Bay Health Centre, 10:00 a.m. to 3:00 p.m.

#### **Timber Bay**

Monday, November 23, Timber Bay School, 10:30 a.m. to 12:00 noon

#### **Weyakwin**

Monday, November 23, Weyakwin Health Centre, 2:00 p.m. to 4:00 p.m.

Updated schedules are available on the Mamawetan Churchill River Health Region website: [www.mcrrha.sk.ca](http://www.mcrrha.sk.ca)