



Mamawetan Churchill River Health Region

Public Service Announcement

January 6, 2011

For more information, contact:
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Seasonal flu vaccine still available

The Mamawetan Churchill River Health Region continues to make the seasonal flu vaccine available to residents.

In the La Ronge area, clinics will be held at the **La Ronge Health Centre** from **1:00 p.m. to 4:30 p.m.** on the following dates:

Thursday, January 13, 2011

Thursday, January 27, 2011

Thursday, February 10, 2011

Thursday, February 24, 2011

Thursday, March 10, 2011

Thursday, March 24, 2011

For vaccinations in Creighton, Pinehouse and Sandy Bay, contact your local health centre to make an appointment.

This year's seasonal vaccine includes protection against the H1N1 virus. In this post-pandemic year, the vaccine is free and available to everyone over the age of 6 months. No appointment is necessary; drop-in only. Please bring your Saskatchewan Health Card.

The vaccine is particularly recommended for persons at higher risk of becoming seriously ill with influenza such as adults 65 and over, persons with chronic health conditions or severe obesity, pregnant women, children from 6 months to under 5 years of age, residents of a nursing home, and close contacts of those at higher risk.

The schedules for the flu clinics are also posted on the health region website:
www.mcrrha.sk.ca