



MEDIA RELEASE

For Immediate Release

November 4, 2019

Lower your flu risk: visit your doctor, pharmacist or clinic to get your flu shot

HAMILTON, ON – Flu season has arrived, and the flu shot is now available. The flu shot is the best way to protect you and your family from getting sick with the flu this season.

While flu season typically runs from late fall to early spring it's important to get your flu shot early because it takes two weeks to take effect.

The flu is a serious illness that affects the breathing system. It starts suddenly and often lasts longer than a cold. Symptoms include: fever, headache, body aches, chills, tiredness, weakness, cough, runny eyes, stuffy nose and sore throat. Certain groups, such as young children, pregnant women, and those over 65 years of age are at higher risk for developing serious complications from the flu and should make sure to get the flu vaccine every year.

Where to get your flu shot

- Anyone six months of age and older can get the flu shot from their primary care provider (family doctor, nurse practitioner, or walk-in clinic).
- Anyone five years of age and older can also get the flu shot from a participating pharmacy.

Prevent the spread of the flu

The flu virus spreads from person to person through coughing or sneezing. People can also get the flu by touching objects or surfaces with the virus on them and then their mouth or nose.

In addition to getting the flu shot, you should also take everyday precautions which include:

- Washing your hands often with soap and warm water
- Using an alcohol-based hand rub if there is no soap and water
- Covering coughs and sneezes
- Avoid touching your face
- Cleaning shared objects and surfaces such as doorknobs, light switches or keys often as the flu virus can live on surfaces for up to eight hours
- Not sharing food, drinks or personal items like toothbrushes
- Resting, sleeping, being active and eating nutritious food
- Staying home when you are sick

Lower your flu risk. Go to your doctor, pharmacist or clinic to get your flu shot today. For more information about the flu shot, visit <https://www.hamilton.ca/public-health/health-topics/flu-vaccine> or call 905-546-CITY (2489).

Additional Resources

[Find flu shot clinic locations](#)

[Information about the flu and the flu vaccine](#)

[Information about flu activity in Ontario](#)

-30-

MEDIA CONTACT:

Laura Botelho
Communications Officer
City of Hamilton
905-546-2424, ext. 2643
Laura.Botelho@hamilton.ca