



Notice from Moose Factory Health Centre

Influenza has been reported in our area

- It is a serious, acute respiratory illness caused by influenza A or B viruses.
- Usually occurs each year in the late fall & winter months.
- **Symptoms include:** sudden onset of headache, chills, cough, fever, loss of appetite, muscle aches & fatigue, running nose, sneezing, watery eyes and throat irritation; nausea, vomiting & diarrhea may also occur, especially in children.

Influenza is spread through coughing & sneezing and by direct contact with contaminated surfaces.

Who is at high risk for influenza complications?

- People of any age who are residents of nursing homes and other long term/chronic care facilities.
- People 65 years of age and older
- All children 6-59 months of age
- Healthy pregnant women
- Indigenous people due to overcrowding
- Adults with chronic health conditions ex. Heart conditions, diabetes, cancer, kidney disease, etc.

Get your flu shot.

Call the Moose Factory Health Centre at 705-658-4220