






FLU SEASON IS UPON US...

GET your FLU shot; protect yourself and others!

Thursday Oct 10 th	ALL DAY	Open Clinic	MF Health Centre	
Friday Oct 11 th	10 am - 1 pm	Staff	WAHA	
	1 pm - 4 pm	Open Clinic	MF Health Centre	

FLU CLINIC NEXT WEEK ...GET YOUR SHOT

Date	Time	Who	Where
Tuesday, Oct. 15 th 	10 am -12 noon	Staff	MC Education Authority
	1 pm – 4 pm	Open Clinic /Walk In's	MF Health Centre
Wednesday, Oct. 16 th 	All Day	Elder's Home Visits	
	10 am – 1 pm	Staff	WAHA
	1 pm – 3 pm	Open Clinic/Walk In's	MF Health Centre
	3 pm – 4 pm	Staff	DDECS
Thursday, Oct 17 th 	All Day	Elder's Home Visits	
	10 am – 12 noon	Staff	Mushkegowuk
	1 pm – 3 pm	Open Clinic/Walk In's	MF Health Centre
	3 pm – 4 pm	Staff	Ministik
Friday, Oct. 18 th	10 am – 3 pm	Open Clinic/Walk In's	Complex Foyer & MF Health Centre
	3 pm – 4 pm	Staff	Christian Academy

Influenza usually occurs each year in late fall and winter months. Symptoms include; sudden onset of headache, chills, cough, fever, loss of appetite, aches & fatigue, runny nose, sneezing, watery eyes and throat irritation; nausea, vomiting and diarrhea can occur in children. Influenza can cause more complications for people who already have diseases or other illnesses.

Call the MF Health Centre for more information (705)658-4220 and speak to a nurse, or if you are interested in having a Flu Clinic at your workplace.