









FLU Season is here...

GET your FLU shot; the life you save may not be yours!

Help protect our children and our elders who are vulnerable!

| Date | Time | Who | Where & Why | |
|----------------------------------------|-----------------------------|-------------|---------------------------------|---------------------------------------------------------------------------------------|
| Monday Oct 20 th | 9 AM – 4 PM | Open Clinic | MF Health Centre |  |
| Tuesday October 21 st | 9 AM – 12 PM 1 PM – 4 PM | Open Clinic | MF Health Centre |  |
| Thursday October 23 rd | 9 AM – 12 PM | OPEN CLINIC | MF Health Centre |  |
| Friday October 24 th | 10 AM – 12 PM 1 PM-3PM | STAFF | Weeneebayko General Hospital |  |
| Saturday October 25 th | 1PM – 4PM | FAMILIES | MF Health Centre |  |
| Monday October 27 th | 9AM – 12 PM | WALK INS | MF Health Centre |  |
| Tuesday October 28 th | 9 AM – 12-PM | OPEN CLINIC | MF Health Centre |  |
| Wednesday, October 29 th | ALL DAY | ELDERS | HOME VISITS |  |

Influenza 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.