





FLU SEASON IS UPON US...

GET your FLU shot; protect yourself and others!

FLU Clinics this week ...get your shot

Date	Time	Who	Where
Tuesday, NOV. 3rd 	All Day 8:30am – 4:30pm	Open Clinic /Walk In	MF Health Centre
Wednesday, NOV. 4th 	All Day 8:30am – 4:30pm All Day 8:30am – 4:30pm	Elder's Home Visits Open Clinic/ Walk In	MF Health Centre
Thursday, NOV. 5th 	All Day 8:30am – 4:30pm All Day 8:30am – 4:30pm Evening 6pm – 8pm	Elder's Home Visits Open Clinic/ Walk In's Open Clinic/ Walk In	MF Health Centre MF Health Centre
Friday, NOV. 6th 	All Day 8:30am – 4:30pm	Open Clinic/ Walk In	MF Health Centre
Saturday, NOV. 7th	10am to 2pm	Open Clinic/ Walk In	MF Health Centre

FREE DRAW
Chance to win a bike & some other cool prizes, get your flu shot to enter

***please note the Health Centre will be closed from 12noon to 1pm on day clinics*

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.