

October 23, 2009

### **Pandemic H1N1 flu virus update**

Dear parents, staff members and volunteers,

The H1N1 vaccine has arrived in Peel! The H1N1 vaccine is your best protection. You should get it. Peel Public Health H1N1 vaccination clinics will begin on November 2 to December 11 as outlined in the attached poster.

Early clinics are being offered on October 28 and 29, 2009 at the International Centre in Mississauga. Early clinics are directed especially to residents under 65 years of age with chronic medical conditions (asthma, diabetes, heart, lung or kidney disease or those receiving treatment for cancer or other illnesses that might affect the immune system) and their caregivers, as well as health care workers.

The H1N1 vaccine is free for everyone who lives and works in Ontario.

Before you attend a clinic, please note:

- **Do not attend a H1N1 vaccination clinic if you think you have the flu. Wait until you are better to get vaccinated.** Flu-like symptoms include fever, cough, sore throat, body aches, runny nose, nausea, vomiting and diarrhea. Stay home from school or work and limit contact with others if you are sick. Contact your doctor or call Telehealth at 1-866-797-0000 if your symptoms get worse.
- **Pregnant women and children 6 months to 1 year of age must see a doctor to get the H1N1 vaccine.** Pregnant women and children 6 months to 1 year of age will not be able to obtain their H1N1 vaccinations at Peel Public Health H1N1 vaccine clinics. If you are pregnant, Peel Public Health recommends you talk with your doctor about receiving the H1N1 vaccine. Pregnant women who develop flu-like symptoms should contact their doctor right away. Children under 6 months of age are not eligible for the H1N1 vaccine.
- **Children 6 months to 9 years of age will require 2 vaccinations.** There must be at least 21 days between the first and second vaccine.
- **Bring your health card or driver's license.** This will help our staff at the clinic to register you more efficiently. *These documents are **not** required in order to receive the vaccine.*

In addition to getting the H1N1 vaccine, the best ways to reduce the risk of becoming ill or spreading flu viruses include:

**Wash your hands frequently:** Wash your hands often with soap and water or an alcohol-based hand sanitizer, especially after you cough or sneeze.

**Practise good hygiene:** Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it. If you don't have a tissue, cough or sneeze into your sleeve or elbow. Avoid touching your eyes, nose or mouth. Germs are spread this way.

**Stay Healthy:** Eat healthy foods, stay physically active and get adequate rest to keep your immune system strong.

**Monitor your health:** If you develop flu-like symptoms stay home from school or work and limit your contact with others while you are sick. Contact your doctor or call Telehealth at 1-866-797-0000 if your symptoms get worse.

For more information on the H1N1 flu virus, visit [www.peelregion.ca](http://www.peelregion.ca) or call 905-799-7700, Monday to Friday, 8:30 a.m. to 4:30 p.m. to speak to a health professional.



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Associate Medical Officer of Health

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**Health Services**

**Public Health**

44 Peel Centre Dr., Brampton, ON L6T 4B5  
Tel: 905-799-7700 [www.peelregion.ca](http://www.peelregion.ca)

# This year it's a different flu season!

## The H1N1 vaccine is your best protection. Get it now. Don't delay.

- H1N1 vaccine is available for everyone 6 months of age and older.
- You can get your vaccine at Peel Public Health clinics.
- If you think you might have the flu, wait until you are better to get vaccinated.
- Pregnant women and children 6 months to 1 year of age must see a doctor to get the H1N1 vaccine.
- Children 6 months to 9 years of age will require 2 vaccinations. There must be at least 21 days between the first and second vaccine.
- The H1N1 vaccine is FREE.

**★New  
Clinic  
Added**

### Peel Public Health H1N1 Vaccine Clinics November 2 to December 11, 2009

#### **Brampton**

Brampton Soccer Centre	1495 Sandalwood Pkwy. E.	Mon-Fri 9:30 a.m. – 9:30 p.m. Sat-Sun 10 a.m. – 4 p.m.
11 Indell Lane	Airport Rd./Walker Dr. via Clark Blvd.	Mon-Fri 9:30 a.m. – 9:30 p.m. Sat-Sun 10 a.m. – 4 p.m.

#### **Mississauga**

International Centre	6900 Airport Rd., Hall #6D	Mon-Fri 9:30 a.m. – 9:30 p.m. Sat-Sun 10 a.m. – 4 p.m.
Blessed Trinity Catholic School	2495 Credit Valley Rd.	Mon-Fri 9:30 a.m. – 9:30 p.m. Sat-Sun 10 a.m. – 4 p.m.
Bronte College★	88 Bronte College Crt. (gymnasium)	<b>Thurs., Nov. 19, 3 p.m. – 8 p.m.</b>

#### **Caledon**

Albion Bolton Community Centre	150 Queen St. S.	<b>Mon., Nov. 23 – Sat., Nov. 28</b> Mon., Tues., Sat. 9:30 a.m. – 3:30 p.m. Wed., Thurs., Fri. 3:30 – 9:30 p.m.
Inglewood Community Centre★	15825 McLaughlin Rd. (main hall)	<b>Wed., Nov. 4, 3 p.m. – 8 p.m.</b> <b>Wed., Nov. 18, 3 p.m. – 8 p.m.</b>

**Schedule is subject to change. Check [www.peelregion.ca](http://www.peelregion.ca) for changes and additional clinics.**

- For quicker registration, bring your health card and/or driver's license.
- Bring an interpreter if needed.
- Children under 14 years of age need consent from their parent/legal guardian to get the vaccine.
- The H1N1 vaccine will be available at doctors' offices soon.

For more information about the H1N1 vaccine clinics and the H1N1 virus, visit [www.peelregion.ca](http://www.peelregion.ca) or call 905-799-7700. Caledon residents call toll free at 905-584-2216.

## Stay healthy. Get the H1N1 vaccine.