

Health & Family Services Centre
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To All Community Members:

The Peterborough County-City Health Unit reported the first lab-confirmed case of influenza A in the Peterborough area today.

The Flu shot is recommended for everyone over six months of age. It is especially important for people with a weakened immune system, pregnant women, young children, the elderly and anyone who takes care of people in these groups.

Flu shots are widely available at many local pharmacies, from physician offices, and the walk-in clinic at Lansdowne Place Mall above the Supercentre.

Please advise your patients to take the following precautions to reduce the spread of infection:

- *Stay home if feeling unwell
- *Wash your hands frequently
- *Clean and sanitize commonly-used surfaces frequently
- *Cough or sneeze into your sleeve or tissue and washing hands afterwards

Flu shots are still available at the Curve Lake Clinic. Please phone 705-657-2557 to make an appointment.

Stephanie Monahan
Manager
Health & Family Services