

Influenza Update from the Medical Officer of Health

January 18, 2011

The province is experiencing an increase in influenza activity levels which is contributing to mounting pressures on critical care units in some regions, especially the GTA. Although local influenza activity remains moderate, the Peterborough County-City Health Unit encourages residents to get their flu shot from their healthcare providers to help mitigate this strain on Ontario's acute care system.

This year's vaccine is a good match and will provide strong protection against the flu. Lab-confirmed cases indicate that three strains are circulating in Peterborough, H1N1, H3N2 and Influenza B, two of which (H1N1 and H3N2) are in this year's seasonal influenza vaccine.

Vaccine is still available through family physician/nurse practitioner offices or by appointment at the Peterborough County-City Health Unit at (705)743-1000 ext. 349.

Sincerely,

Dr. Rosana Pellizzari MD, MSc, CCFP, FRCPC
Medical Officer of Health

Peterborough County-City
HEALTH UNIT
...because health matters!

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