

**Communications Office**

Peterborough County-City Health Unit  
10 Hospital Drive  
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(705) 743-1000, ext. 391  
[www.pcchu.ca](http://www.pcchu.ca)



**FOR IMMEDIATE RELEASE**

**Protect Yourself and Others  
By Getting the Flu Shot!**

***Health Unit Announces Seasonal Flu Clinics for 2010***

**Thursday, October 21, 2010, Peterborough**

Today the Peterborough County-City Health Unit announced this year’s seasonal flu clinics which begin on Tuesday, October 26 at the Evinrude Centre.

“The seasonal flu vaccine is a good match this year with the three strains that are actively circulating, so we encourage everyone to protect themselves and others by getting their flu shot,” said Dr. Rosana Pellizzari, Medical Officer of Health. “Clinics will be held right across Peterborough city and county so most area residents can get the flu shot near their home community.”

Three new high-risk groups have been added to the list of those who are strongly advised to get vaccinated against the seasonal flu. These include those who are morbidly obese, people of Aboriginal ancestry, and children under five years.

Families with children are encouraged to attend one of the community clinics as the Health Unit will not be holding school-based flu shot clinics this year. In addition to these community clinics, residents can also get the flu shot from their healthcare provider.

Residents can also book appointments in advance to get their flu shot at the Health Unit each Thursday evening from November 25 to December 23 by calling 743-1000. To streamline the flu shot process and minimize line-ups, the Health Unit is using an electronic card swipe system so people are asked to bring both their Ontario Health Card and driver’s license. The Health Unit reminds residents that they can avoid line ups by attending anytime during operating hours and do not need to arrive right when the clinics open.

The flu shot is offered free of charge. Clinics may be canceled due to inclement weather. All clinic dates and times are subject to change. For an updated clinic schedule, please visit [www.pcchu.ca](http://www.pcchu.ca).

See next page for the clinic schedule.

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**For further information, please contact:**

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NEWS RELEASE

## 2010 Seasonal Flu Clinic Schedule

Date	Time	Location	Address
Tues Oct 26	2:00 p.m. to 6:00 p.m.	Evinrude Centre	911 Monaghan Rd., Ptbo
Wed Oct 27	2:00 p.m. to 6:00 p.m.	Evinrude Centre	911 Monaghan Rd., Ptbo
Fri Oct 29	11:00 a.m. to 2:00 p.m.	Apsley Arena	159 County Rd. 504, Apsley
	1:00 p.m. to 4:00 p.m.	Buckhorn Community Centre	1801 Lakehurst Rd., Buckhorn
Tues Nov 2	2:00 p.m. to 4:00 p.m.	Cavan Monaghan Township Office Gymnasium	988 County Rd. 10, Millbrook
Wed Nov 3	10:00 a.m. to 1:00 p.m.	Sir Sandford Fleming College	599 Brealey Dr., Ptbo
Thurs Nov 4	5:00 p.m. to 8:00 p.m.	Asphodel-Norwood Community Centre	88 Elma St., Norwood
Fri Nov 5	12:30 p.m. to 2:30 p.m.	Our Space	574 George St., Ptbo
Sat Nov 6	10:00 a.m. to 2:00 p.m.	Evinrude Centre	911 Monaghan Rd, Ptbo
Wed Nov 10	12:00 p.m. to 3:00 p.m.	Trent University Athletic Complex	1600 West Bank Dr., Ptbo
Thurs Nov 25	5:00 p.m. to 7:00 p.m.	Peterborough County-City Health Unit (By appointment* or drop-in)	10 Hospital Dr., Ptbo
Thurs Dec 2	5:00 p.m. to 7:00 p.m.	Peterborough County-City Health Unit (By appointment* or drop-in)	10 Hospital Dr., Ptbo
Thurs Dec 9	5:00 p.m. to 7:00 p.m.	Peterborough County-City Health Unit (By appointment* or drop-in)	10 Hospital Dr., Ptbo
Thurs Dec 16	5:00 p.m. to 7:00 p.m.	Peterborough County-City Health Unit (By appointment* or drop-in)	10 Hospital Dr., Ptbo
Thurs Dec 23	5:00 p.m. to 7:00 p.m.	Peterborough County-City Health Unit (By appointment* or drop-in)	10 Hospital Dr., Ptbo