

Communications Office

Peterborough County-City Health Unit
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FOR IMMEDIATE RELEASE

Health Unit Reports Peterborough's First Case of Seasonal Influenza

Friday, December 10, 2010, Peterborough

The Peterborough County-City Health Unit reported the first local case of seasonal influenza today.

"With this first lab-confirmed case of influenza A, we now know that seasonal influenza is circulating in our local population," said Dr. Rosana Pellizzari, Medical Officer of Health. "Usually there are more cases of influenza in the community than are reported by the lab so we strongly encourage residents to get their flu shot to protect themselves and others – it's not too late."

The Health Unit continues to hold flu clinics by appointment at its location at 10 Hospital Drive and encourages residents to get their flu shot. The current schedule is posted at www.pcchu.ca. Residents can also get their flu shot from their physician or healthcare provider.

Dr. Pellizzari advised that in addition to getting the flu shot people 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

Those at greatest risk of catching the seasonal flu include children aged six months to four years, those who are 65 years of age or older, pregnant women, and adults and children who suffer from chronic health conditions.

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For further information, please contact:

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