

FLU SHOTS

Flu season is here! You do not need to make an appointment to come in and get your shot from our administrative assistants, provided you arrive between 9-4:30pm, Monday-Friday. The best time to stop by is in the afternoon as there will be a shorter wait to have your vaccine administered.

Adults may receive their flu shots at the pharmacy. If you choose to do this, please email or phone our office to let our staff know, so that we can update your medical record accordingly.

The flu vaccine is available for free for all people in Ontario over 6 months of age. It is strongly recommended to people at high risk of influenza-related complications or hospitalization:

- All pregnant women
- Adults and children with the following chronic health conditions:
 - Cardiac or pulmonary disorders (including bronchopulmonary dysplasia, cystic fibrosis and asthma);
 - Diabetes mellitus and other metabolic diseases;
 - Cancer, immune compromising conditions (due to underlying disease, therapy or both);
 - Renal disease;
 - Anemia or hemoglobinopathy;
 - Neurologic or neurodevelopmental conditions;
 - Morbid obesity (BMI \geq 40);
- Children and adolescents (age 6 months to 18 years) undergoing treatment for long periods with acetylsalicylic acid, because of the potential increase of Reye's syndrome associated with influenza
- People of any age who are residents of nursing homes and other chronic care facilities
 - People \geq 65 years of age
- All children 6-59 months of age

Information about the influenza vaccine can be found at the Toronto Public Health website:
<https://www.toronto.ca/community-people/health-wellness-care/health-programs-advice/immunization/flu-influenza/flu-influenza-vaccines-for-adults/>