

## Kate Encourages Everyone to Get the Flu Shot! *It's the Best Way to Protect Yourself and Those Around You*

November 03, 2017 -- October to April is flu season – and Kate Fyfe, Interim CEO of the North East Local Health Integration Network (NE LHIN) is prepared for it. She got her flu shot yesterday to help keep her from getting sick – and better protect people around her.

“I try to get vaccinated as early as possible, before flu season ramps up,” said Fyfe. “Aside from washing my hands, eating healthy, and getting plenty of sleep, I know that the flu shot is one of the best ways to prevent influenza.”

Everyone six months and older is encouraged to get the vaccine, but it can be especially important for people who are at high risk of complications, such as pneumonia or hospitalizations from flu. They include young children, seniors, pregnant women, and people with underlying health conditions.

Influenza, or the flu, is a contagious respiratory infection that's caused by a virus. Symptoms can include fever, coughing, sore throat, and body aches. In Canada, it generally occurs in the late fall and winter months. It's estimated that the flu causes more than 12,000 hospitalizations and 3,500 deaths in Canada each year.



**North East LHIN Interim CEO, Kate Fyfe receives a flu shot during a workplace immunization clinic.**

Flu shots are available through primary care providers, local public health units, pharmacies, and workplace wellness clinics. Children between the ages of six months and four years, can be vaccinated only at a primary health care provider's office or local health unit.

For more information and to find the nearest place to get your flu shot, visit this website:

[www.ontario.ca/page/get-flu-shot](http://www.ontario.ca/page/get-flu-shot)

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