



For Immediate Release:

Oct. 22, 2009

Public Health Services Announces H1N1 Flu Vaccine Clinics for GASHA District

Public Health Services will hold H1N1 Flu Vaccine Clinics in locations throughout the Guysborough Antigonish Strait Health Authority starting on **Wednesday, Oct. 28th in Port Hawkesbury.**

“We can’t stress enough the importance of getting the H1N1 flu vaccine,” says Dr. Jeremy Hillyard, District Chief of Staff for GASHA. “Getting the H1N1 vaccine and also the seasonal flu shot if you are in the target groups is the best way to protect yourself, family members and your community. We must also be vigilant with our prevention activities which includes proper coughing, sneezing and hand hygiene practices”.

Public Health officials recommend that all Nova Scotians get the free H1N1 vaccine. People 10 years of age and older should get one dose of the adjuvanted vaccine. Children under 10 years of age will need to get two doses, a minimum of three weeks apart. Pregnant women are being advised to get the non-adjuvanted vaccine when it is made available in the coming weeks, unless they are advised otherwise.

In addition to the H1N1 Vaccine, people in high risk groups can also get their seasonal flu shot during these clinics. Earlier this month, Public Health Services vaccinated people age 65 years and older at clinics across the District. The public must bring their Nova Scotia Health Card with them when attending a clinic.

For healthcare workers in District facilities, Occupational Health will be offering both the H1N1 vaccine and the regular seasonal flu vaccine starting on **Wednesday, Oct. 26th**. Staff will be advised in the coming days where and when they can get the vaccine.

The schedule for the H1N1 flu clinics will be advertised in local media and posted on both the Public Health Services’ website at www.publichealth.ns.ca and the District’s website www.gasha.nshealth.ca. People can also call their local Public Health office or **Healthlink 811** for the clinic schedules.

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The schedule for the public H1N1 vaccine clinics is attached with this news release. Information on H1N1 and seasonal flu are also attached.

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HIGH RISK GROUPS for H1N1 & SEASONAL FLU

Who should get the H1N1 Flu Vaccine (High Risk Groups)

The H1N1 vaccine is recommended for EVERYONE but particularly for the following high risk groups:

- people younger than 65 with chronic health conditions
- pregnant women
- healthy children between six months and 5 (five) years of age
- health care workers
- household contacts and care providers of infants less than six months old
- people who have weakened immune systems.

Who should get the Seasonal Flu Vaccine (High Risk Groups)

The seasonal flu vaccine is recommended for the following high risk groups:

- people over age 65
- babies age 6 to 23 months
- adults and children with chronic heart and lung problems and other chronic diseases
- anyone living in the same household as people over 65 or people with chronic illnesses
- all health-care workers and students in health-care educational programs
- police officers and firefighters
- people living in a home where a newborn is expected during the regular influenza season (November – April)
- anyone who lives with or cares for children less than 24 months of age.

Public Health Services (GASHA) H1N1 Flu Clinic Schedules 2009

Antigonish Town and County

Date	Time	Location
Thursday, Oct. 29	10 a.m.—7p.m.	St. Ninian's Place, Antigonish
Tuesday, Nov. 3	10 a.m.—7p.m.	Monsignor Donnelly Parish Hall, Tracadie
Monday, Nov. 9	10 a.m.—7p.m.	St. Ninian's Place, Antigonish
Tuesday, Nov. 10	10 a.m.—7p.m.	St. Ninian's Place, Antigonish
Thursday, Nov. 12	10 a.m.—7p.m.	Monsignor Donnelly Parish Hall, Tracadie

Guysborough County

Date	Time	Location
Monday, Nov. 2	10 a.m.—7p.m.	Chedabucto Place Academy, Guysborough
Tuesday, Nov. 3	10 a.m.—7p.m.	Canso Fire Hall, Canso
Wednesday, Nov. 4	10 a.m.—7p.m.	Lion's Club, Sherbrooke
Thursday, Nov. 12	10 a.m.—7p.m.	Canso Fire Hall, Canso
Tuesday, Nov. 17	10 a.m.—7p.m.	Chedabucto Place Academy, Guysborough
Wednesday, Nov. 18	10 a.m.—7p.m.	Lion's Club, Sherbrooke

Richmond County and Strait Area

Date	Time	Location
Wednesday, Oct. 28	10 a.m.—7p.m.	Port Hawkesbury Civic Centre, Port Hawkesbury
Friday, Oct. 30	10 a.m.—7p.m.	Louisdale Parish Hall, Louisdale
Wednesday, Nov. 4	10 a.m.—7p.m.	Lion's Hall, St. Peter's
Friday, Nov. 6	10 a.m.—7p.m.	Louisdale Parish Hall, Louisdale
Friday, Nov. 13	10 a.m.—7p.m.	Port Hawkesbury Civic Centre, Port Hawkesbury
Wednesday, Nov. 18	10 a.m.—7p.m.	Lion's Hall, St. Peter's