



November 26, 2009

Flu Clinic Update

There are conflicting opinions out there on the H1N1 flu and whether people should still get vaccinated. Some say the second wave has passed and the worst is over while others say the third wave is still to come and will hit the hardest. This is making people question whether they will still get the vaccination or not.

HPS continues to encourage everyone to still get the flu shot when it is available for them. This is also the recommendation of Public Health Canada. People who fall into the high risk groups should either see their doctor or go to a clinic to be vaccinated as soon as possible.

Company Flu Clinic Update: If you are an employee of HPS and do not fall under any of the priority groups, the company flu clinic will be administering both seasonal and H1N1 flu shots on **Monday, Nov. 23, 2009** at the Southgate facility.

High Risk Groups:

- People under 65 – that includes adults and children down to six months of age - with ***chronic conditions**;
- Pregnant women
- Healthy children 6 months to under five years of age;
- People living in remote or isolated communities;
- Health care workers; and
- Household contacts and care providers of persons at high risk who cannot be immunized or may not respond to vaccines. **These include parents, grandparents and other care providers of infants under six months old.**

***Chronic Conditions:** People with the following chronic conditions are more at risk of developing complications from H1N1 infection if they do get sick:

- Heart disease
- Kidney disease
- Asthma and chronic lung disease
- Liver disease
- Diabetes
- Serious obesity
- Diseases or treatments that affect the immune systems such as cancer, HIV/AIDS, organ transplants
- Blood disorders
- Neurological disorders
- Medical conditions where people have difficulty swallowing or are at risk of choking
- Children and adolescents' medical conditions treated for long periods with acetylsalicylic acid (Aspirin®).

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