



**Sun Country Health Region  
recommends seasonal influenza  
vaccine for everyone !**

**INFLUENZA CLINICS 2015**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
October 19 	October 20 <b>REDVERS</b> Golden Age Centre 9 am – 4 pm	October 21 <b>MARYFIELD</b> Health Centre 10 am – 3 pm	October 22 <b>GAINSBOROUGH</b> Evergreen Lodge 9:30 am – 12:30 pm  <b>CARIEVALE</b> Carievale Lodge 1:30 pm – 4:30 pm	October 23
October 26 <b>REDVERS</b> Golden Age Centre 11 am – 7 pm	October 27 <b>ALIDA</b> Golden Gate Centre 10 am – 11:30 am	October 28 <b>MARYFIELD</b> Health Centre 3 pm – 6 pm	October 29	October 30
November 2 <b>REDVERS</b> Golden Age Centre 11 am – 7 pm	November 3	November 4 <b>MARYFIELD</b> Health Centre Noon – 3 pm	November 5	November 6
November 9	November 10	November 11 <b>Remembrance Day</b>  <small>Remembrance Day November 11</small>	November 12 <b>REDVERS</b> Golden Age Centre 3 pm – 7 pm	November 13
November 16	November 17	November 18 <b>MARYFIELD</b> Health Centre Noon – 2 pm	November 19 <b>CARIEVALE</b> Carievale Lodge 2 pm – 5 pm	November 20

**Seasonal influenza vaccine is provided FREE OF CHARGE!**

Residents 6 months and older can get the injectable vaccine as soon as the flu clinics start on October 19th.  
The nasal spray vaccine, called FluMist, is an option for children between the ages of two and 17 years old.

**Everyone is encouraged to get a flu shot.**



**Those who would benefit most are:**

- Adults 65 years of age and over
- People with chronic health conditions or severe obesity
- Residents of a nursing home or other care facility
- Pregnant women in any trimester and members of the same household
- Children aged six months to under five years of age
- Contacts of the individuals listed above
- Contacts of infants less than six months of age
- Any health care worker or care provider
- Any volunteer in a health care setting

For more information about influenza clinics, go to:  
[www.suncountry.sk.ca](http://www.suncountry.sk.ca)

**ARM  
YOURSELF**  
Protect  
yourself and  
those close  
to you