

## BEGINNING OF THE VACCINATION CAMPAIGN AGAINST THE FLU

**Baie-Comeau, October 30, 2018** – The mass vaccination campaign against the seasonal flu will return at the beginning of November in the vaccination clinics organized by the Centre intégré de santé et de services sociaux (CISSS) de la Côte-Nord or by the Aboriginal health centres.

This year, certain changes were made to the target groups who may receive the vaccine **free of charge**. Thus, the targeted clientele are:

- People suffering from certain chronic diseases from the age of 6 months;
- Pregnant women suffering from certain chronic diseases, no matter their stage of pregnancy;
- Healthy pregnant women in their 2<sup>nd</sup> and 3<sup>rd</sup> trimester of pregnancy;
- People aged 75 years and over;
- Relatives living with people mentioned above and with children under the age of 6 months, as well as their informal caregivers;
- Health care workers, particularly those providing direct care to patients in hospital centres and CHSLDs.

In light of recent studies and expert opinions, the vaccination program does not target healthy children aged between 6 and 23 months and healthy adult aged between 60 and 74 years anymore, because their risk of suffering from complications of the flu is considered low. However, people belonging to one of these two groups may receive the vaccine free of charge if they ask for it.

Vaccination against the flu still remains recommended for people suffering from chronic diseases and people aged 75 years and over, who have a much higher risk of complications, hospitalization and death than other people.

To find out the schedule of the vaccination clinics, the population is invited to consult the website ([www.cisss-cotenord.gouv.qc.ca](http://www.cisss-cotenord.gouv.qc.ca)) and the Facebook page of the CISSS de la Côte-Nord. Ads will also be run in local media.

### Hygienic measures to protect yourself

The application of simple hygienic measures is a good way to protect yourself against the flu and other respiratory viruses. For example, these measures are:

- Washing your hands frequently;
- Covering your mouth and nose with a tissue when coughing or sneezing OR coughing and sneezing into the crook of your elbow;
- Avoiding touching your nose, eyes and mouth, which are gateways to viruses and bacteria;
- Avoiding contacts with sick people, who could be contagious.

.../2

### **Vaccine against pneumococcus**

The vaccine against pneumococcus is also recommended and offered free of charge to people aged 65 years and over as well as to those suffering certain chronic diseases.

For further information about the seasonal flu, please go to: <https://www.quebec.ca/en/health/advice-and-prevention/vaccination/flu-vaccine/>.

Source: Myriam Gagné  
Information agent  
Centre intégré de santé et de services sociaux de la Côte-Nord  
418 589-9845, ext. 252281