

## BEGINNING OF THE VACCINATION CAMPAIGN AGAINST THE FLU

**Baie-Comeau, October 22<sup>nd</sup>, 2019** – The 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.

The Direction de santé publique de la Côte-Nord particularly invites those between 6 months and 74 years of age suffering from chronic diseases (notably diabetes, heart, lung, kidney or liver diseases, asthma, cancers, or weak immune system) to get vaccinated, because they are more at risk of complications. It is also recommended for people aged 75 years and over to get vaccinated because of possible complications (hospitalization or death).

Vaccination against the flu is recommended and offered **free of charge** for the following people:

- People aged 75 years and over;
- People aged 6 months and over suffering from chronic diseases;
- Pregnant women suffering from certain chronic diseases at all stages of pregnancy and healthy pregnant women in their 2<sup>nd</sup> and 3<sup>rd</sup> trimester of pregnancy;
- Residents of all ages living in residential and long-term care centres (CHSLDs) and in intermediate resources;
- People living in remote and isolated communities (Minganie, Lower North Shore, Fermont, Schefferville, Kawawachikamach), with priority to those with high risk of complications.

In order to reduce the risk of transmitting the flu to people at risk of complications, vaccination is also offered free of charge to:

- Informal caregivers, people living with those at risk of complications or people living with children under 6 months of age;
- Health care workers.

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.

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### **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 from certain chronic diseases.

For further information about the seasonal flu, please go to: <https://www.quebec.ca/en/health/health-issues/flu-cold-and-gastroenteritis/flu-influenza/>.

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