

BEGINNING OF THE VACCINATION CAMPAIGN AGAINST THE FLU

Baie-Comeau, October 15th, 2020 – 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 Indigenous health centres.

Because of the COVID-19 pandemic, the vaccination process in clinics will be different this year. Vaccination will be available by appointment only, by calling **1 844 407-0967**, from Monday to Friday, between 8:00 a.m. and 7:00 p.m. However, to get vaccinated in CLSCs (clinics) in Minganie and on the Lower North Shore, you must call that facility directly.

The Direction de santé publique de la Côte-Nord particularly invites people between 6 months and 74 years of age suffering from chronic diseases (such as diabetes, heart, lung, kidney or liver diseases, asthma, cancer, 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 2nd and 3rd trimester of pregnancy;
- Residents of all ages living in residential and long-term care centres (CHSLD) 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:

- Family 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) and the Facebook page of the CISSS de la Côte-Nord. Ads will also be run in local media.

Hygiene measures to protect yourself

The application of simple hygiene 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, go to: <https://www.quebec.ca/en/health/health-issues/flu-cold-and-gastroenteritis/flu-influenza/>.

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