

BEGINNING OF THE VACCINATION CAMPAIGN AGAINST THE FLU

Baie-Comeau, October 6, 2022 – The vaccination campaign against the seasonal flu is starting today, October 6th, 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.

Vaccination is available **by appointment only**. You can make an appointment now by visiting the [Clic Santé](#) platform or by calling 1 844 407-0967.

The vaccine is the simplest and most effective way to protect yourself against the complications of the seasonal flu, especially for those who are more at risk. This protection is complementary to the one provided by the COVID-19 vaccine. Please note that **it is possible to receive the vaccine against COVID-19 at the same time** as the one against seasonal flu. However, since certain times slots are reserved for the administration of each vaccine, you may receive an appointment at another time.

The Direction de santé publique de la Côte-Nord particularly urges 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 second and third 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 who are in contact with users.

To find out the schedule of the vaccination clinics, the population is invited to consult the [website](#) and the Facebook page of the CISSS de la Côte-Nord. Ads will also be run in local media.

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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 more information about the vaccination campaign against the flu, visit www.quebec.ca/en/health/advice-and-prevention/vaccination/flu-vaccination-program.

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