



DATE: October 18, 2021

## PMH Flu Shot and COVID Vaccine Clinics throughout November *Receive your Flu Shot and, if eligible, COVID Vaccine*

Prairie Mountain Health (PMH) is launching its seasonal flu immunization campaign. This year at the same time, you can also receive a COVID vaccine if you meet the current eligibility criteria. The first public regional clinics are scheduled for Minnedosa on Nov. 1 in the south, McCreary Nov. 2 in the north and Brandon's Keystone Centre from Nov. 2 to Nov. 6. The PMH website ([prairiemountainhealth.ca](http://prairiemountainhealth.ca)) has the complete listing of flu clinics in the region. Check PMH Facebook, Twitter or Instagram for updated messages. Community members are also advised to watch for information in local newspapers, listen to local radio, or check out posters in or around the communities for flu clinic dates, times and locations.

### **Making Appointments (effective Oct. 18)**

Appointments are preferred to attend all regional flu clinics. Walk ins may be accepted. There are two ways to book an appointment ***starting at noon Monday, October 18th.*** Online booking via the provincial Protect MB website at <https://protectmb.ca/making-your-appointment-is-easy/>

Or call toll-free at **1-844-626-8222**. The phone line is open 7 days a week between the hours of 6 a.m. and 8 p.m. You will only need to book one appointment even if you are wanting to receive more than your flu vaccine the day you attend.

### **Additional information**

COVID vaccine eligibility is on the provincial Manitoba.ca website at <https://manitoba.ca/covid19/vaccine/eligibility-criteria.html#criteria>. Those eligible for 3<sup>rd</sup> doses will be able to have them administered at the clinic.

Masks are required to attend all clinics. Please bring and wear one. Bring your Manitoba Health card and wear short sleeves if possible.

COVID-19 screening will occur on-site. If you are unwell or feeling ill even with minor symptoms, please do not attend your flu clinic appointment. If you need to cancel, please call **1-844-626-8222**.

The seasonal influenza vaccine and COVID vaccine, for those eligible, will be available to all Manitobans at no charge at PMH Clinics. The flu vaccine is recommended for everyone over 6 months of age. However, immunization is especially important for those at increased risk of serious illness or complications from the flu, their caregivers and close contacts.

If you are 65 years of age or older, or an individual that is at increased risk of pneumococcal infection, you may also need a pneumococcal vaccination. The vaccine helps protect against pneumococcal disease including a serious type of pneumonia, blood infections and meningitis. Please talk to your health-care provider.

If you need more information about the flu, visit [www.gov.mb.ca/health/flu/index.html](http://www.gov.mb.ca/health/flu/index.html) Or contact Health Links, your primary care provider, pharmacy or public health office.

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**-Backgrounder attached-**

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healthy pregnant women, residents of personal care homes or long-term care facilities, health care workers and first responders, individuals of Aboriginal ancestry, and people who are severely overweight or obese. The flu vaccine is also recommended for household contacts or caregivers of these people.

**Are there any side effects?**

Vaccines are very safe. It is much safer to get the flu vaccine than to get the flu. The most common side effect of the injectable flu vaccine is redness, soreness, and swelling where the needle was given.

**Considering COVID, what do I need to know about attending a flu shot clinic this year?**

- Appointments are preferred at PMH flu clinics. Walk-ins may be accepted.
- Clients are asked to arrive at their appointment time no more than 15 minutes before it. There will be COVID screening at the door.
- Clients will be required to wear a mask.
- If you are feeling unwell the day of your appointment please stay home.
- You will be asked to conform to the social distancing measures laid out in the clinic floorplan
- There will be cleaning in between clients
- Staff will be wearing personal protective equipment
- There will not be socialization events (tea, coffee, juice) available at the flu clinics

**How do I find out more information about the Flu?**

If you need more information about the flu, visit [www.gov.mb.ca/health/flu/index.html](http://www.gov.mb.ca/health/flu/index.html)  
Or contact Health Links, your primary care provider, pharmacy or public health office.

**References:** Manitoba Health and Seniors Care & *Canadian Immunization Guide Chapter on Influenza and Statement on Seasonal Influenza Vaccine for 2020/2021.*