

Influenza vaccination

The Clinic's yearly influenza vaccination campaign begins on **Wednesday, November 2nd, 2022 at 500 Ash Avenue**. The pneumococcal vaccine will also be offered at the same time to people 65 years and older, as well as to people with chronic conditions. **It's free!**

Vaccination dates

- Wednesday, November 2nd, 12 PM to 8 PM
- Friday, November 4th, 12 PM to 8 PM
- Wednesday, November 9th, 12 PM to 8 PM
- Friday, November 11th, 12 PM to 8 PM
- Wednesday, November 16th, 12 PM to 8 PM
- Friday, November 18th, 12 PM to 8 PM
- Wednesday, November 23rd, 12 PM to 8 PM
- Friday, November 25th, 12 PM to 8 PM
- Wednesday, November 30th, 12 PM to 8 PM
- Friday, December 2nd, 12 PM to 8 PM
- Wednesday, December 7th, 12 PM to 8 PM
- Friday, December 9th, 12 PM to 8 PM
- Wednesday, December 14th, 12 PM to 8 PM
- Friday, December 16th, 12 PM to 8 PM

**Vaccinations will take place
in the basement at
500 Ash Avenue**

* accessible to people with reduced mobility

By appointment only!

Appointments can be booked through Clic Santé or by phone at (514) 937-9251 extension 7300 starting **Monday, October 24th**.

Vaccination,
the best protection

THE FLU STILL EXISTS

THE FLU CAN HAVE SERIOUS
CONSEQUENCES FOR PEOPLE LIVING WITH:

- DIABETES
- A WEAKENED IMMUNE SYSTEM
- HEART DISEASE
- LUNG DISEASE
- KIDNEY DISEASE

GET VACCINATED.
Quebec.ca/VaccinGrippe

Votre gouvernement Québec

Influenza vaccination is particularly recommended for:

- Children 6 months to 17 years with certain chronic conditions
- Adults with certain chronic conditions (including pregnant women in all stages of pregnancy)
- Pregnant women (2nd and 3rd trimester)
- People 75 and over
- People living with a baby less than six months old, or with a person with a high risk of hospitalisation or death in case of influenza, as well as their caregivers
- Healthcare workers

Measles

The Ministry of Health and Social Services of Quebec (MSSS) has noted a significant decrease in measles vaccination coverage in Quebec.

To find out if your child is adequately vaccinated, check their health booklet in the measles-mumps-rubella section and see if one of the following vaccines appears twice: RRO, MMR II or Proquad.

To get your child vaccinated, simply book an appointment with a Clinic nurse by calling (514) 937-9251 and following instructions to reach Centre Street.

Influenza information

The 'flu is mainly transmitted through nose and throat secretions when we cough or sneeze. This is why it is so important to prevent contamination by:

- Covering your mouth and nose with the inside of your elbow or a tissue while coughing and sneezing
- Throwing out tissues after using them
- Regularly washing your hands
- Wearing a mask if:
 - You have a fever
 - You are coughing or sneezing
 - You are in a healthcare setting, such as a waiting room
- Cleaning often-used surfaces (such as door handles, countertops, etc.)
- Limiting contact with people who are sick

The composition of the influenza vaccine is updated yearly to include strains of the virus most likely to circulate during the fall and winter. The vaccine usually takes effect two weeks after vaccination and offers protection for about six months. It is safe and cannot transmit influenza, or any other illness.

COVID-19

Vaccination against COVID-19 is not offered at the Clinic, but rather in the basement of St. Charles Church at 2115 Centre Street.

Appointments for COVID-19 vaccination can be booked through Clic Santé or by phone at (514) 362-6300 or (514) 644-4545.

Please note that the COVID-19 shot does not offer protection against influenza, and that the influenza shot does not offer protection against COVID-19.