Flu clinics

Sexqeltqin (Chase) Health Centre (679-7726):

Monday, **October 15**th from 10 am-12pm, 1:30-3:30 pm

Monday, **October 29**th from 10 am-12pm, 1:30-3:30 pm

Sxwetsmellp (Glen Eden) Health Centre (833-0356):

Tuesday, **October 16**th from 10 am-12pm, 1:30-3:30 pm

Wednesday, **October 31**st from 10 am-12pm, 1:30-3:30 pm

*Drop In- No appointment necessary

Flu season has arrived….

Achhoo!

Influenza, commonly called the Flu, can often be confused with the common cold & stomach flu. It is in fact very different, and can have severe complications, including viral or bacterial pneumonia, respiratory failure and even death. Getting the Flu shot and washing your hands lots are 2 of the best ways to protect yourself and those around you from getting the Flu.

What are Flu symptoms?

- Fever
- Headache
- Muscle pain
- Extreme tiredness
- Runny nose
- Sore throat & cough
- Breathing problems/Chest discomfort

How do I stay Healthy?

- Get plenty of rest
- Keep hydrated
- Eat fresh foods with lots of vitamins
- Wash hands frequently
- Stay home if quite unwell (coughing, sneezing, fever) to break cycle of transmission
- Get the Flu shot

I don't ever get sick, why should I be concerned?

We can carry the germs for the Flu and not get sick from it. That means that we can spread the illness to others around us without knowing it. Elders, newborn babies, people with weakened immune systems, and those with chronic conditions can have serious complications from getting the Flu.

Don't let the Flu happen to you, and come visit your friendly Community Health Nurses to get your Flu shot. Those around you, including elders, people with weak immune systems, children, and babies depend on it. Do your part to keep the Adams Lake community healthy.

Handwashing is important!

The age old advice of the importance of washing our hands still holds true. Handwashing is an important way to break the cycle of transmission of germs by washing them down the drain.

Get your Zzzzzzz's…Getting a proper amount of sleep helps our immune systems fight off infections.