



THE DISTRICT OF THUNDER BAY
SOCIAL SERVICES ADMINISTRATION BOARD



FLU CLINIC

December 9, 2019 9:00 am to 2:30 pm

231 S May Street (TBDSSAB Main Office)

No appointment needed, just walk in.

The District of Thunder Bay Social Services Administration Board (TBDSSAB), in partnership with Superior North EMS, is offering a free flu vaccine clinic to all clients and tenants.

- **The Flu can be a serious disease.**
 - Flu is very contagious and can spread quickly and easily.
 - You can pass the flu on to others who may be at risk of serious complications, before you even know you are sick.
 - The flu is responsible for about 12,200 hospitalizations and 3,500 deaths per year and can affect everyone, including those who are healthy.
- **You need to get vaccinated every year.**
 - The effects of the flu vaccine can wear off, so you need to get a new one every year to stay protected.
 - Flu viruses change each year. Experts create a new vaccine to protect you each flu season.
- **You can't get the Flu from the flu vaccine.**
 - The viruses in the flu vaccine are either killed or weakened and cannot give you the flu.
 - The Flu vaccine is safe.
 - The flu vaccine has benefited millions of Canadians since 1946.
 - Most people don't have reactions to the flu vaccine; those who do may have soreness, redness or swelling at the injection site.
 - Severe reactions to the vaccine are extremely rare.
- **Everybody wins when you get vaccinated.**
 - By getting the flu vaccine, you protect yourself and others because you are less likely to spread the flu.
 - It's a simple action that can save lives. (**Source: Know the Flu facts, Health Canada**)



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