



Renfrew County and District Health Unit
"Optimal Health for All in Renfrew County and District"

For Immediate Release

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RCDHU Update - More Flu Vaccine Now Available!

Renfrew County and District Health Unit (RCDHU) appreciates that more residents are recognizing the importance of getting the flu shot, as it is your best defence against getting sick from the flu.

Since the last update the Ministry of Health has confirmed that the province has secured more supply of influenza vaccine. RCDHU is encouraging anyone over the age of 6 months, who lives, works or attends school in Ontario to be vaccinated.

RCDHU is working with health care providers to offer flu clinics throughout Renfrew County and District (RCD). A regional group with health care representatives from each area of RCD has been formed to ensure that equitable distribution of influenza vaccine has been provided to the residents of RCD.

For more information on the availability of flu shots in your community, contact your health care provider or visit <https://myflushot.ca/>. Myflushot.ca provides details of health care providers offering flu shots throughout RCD, as well as availability of flu vaccine in those respective areas. Most importantly, <https://myflushot.ca/> allows users to book their own appointment at participating locations from the comfort of their own home.

"We want to reiterate our sincerest thank you to all the health care providers, clinic staff, and pharmacists across RCD for their continued support in making the 2020/2021 Flu Campaign a success," states Dr. Robert Cushman, Acting Medical Officer of health, RCDHU.

In the meantime, we must remind people that the standard COVID-19 precautions go a long way and are the best way to prevent the spread of the flu. We must all continue to work hard to do our part to reduce the spread of the flu and COVID-19; get the flu shot, stay home if sick, avoid contact with people who are ill, practice physical distancing (2 metres), wear a mask/face covering when physical distancing cannot be maintained, wash our hands, and use the COVID Alert App.

Please watch myflushot.ca for flu clinic dates, locations and other details. For more information visit RCDHU's website at: <https://www.rcdhu.com/> or call 613-732-3629 ext. 509.

media@rcdhu.com
www.rcdhu.com