



Heartland Health Region

Healthy People, Health Communities and Service Excellence in an enduring System

HealthLine
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MEDIA RELEASE

To be published prior to or during the week of October 11th

A Message from the Medical Health Officer

Dear Community Members,

Influenza season is about to begin. Influenza is not the common cold. Unlike the common cold that most people usually have, influenza kills between 4,000 and 8,000 Canadians every year and puts over 20,000, especially those more vulnerable, in hospital. Even if not hospitalized, many people may have to stay home to rest and recover, sometimes for up to 1 to 2 weeks (just to feel strong enough to return to our everyday lives and activities).

We do have a vaccine every year that can help protect and reduce the complications of influenza. Influenza immunization, especially in this day and age, is safe, effective, protective, and in most people will cause no complications.

I therefore strongly encourage you to get your annual influenza immunization, and encourage your family, friends and other members of the community to do the same. All Heartland Health Region Public Influenza Immunization clinics are advertised locally and on our website at www.hrha.sk.ca . We look forward to seeing you there!

In addition, remember to wash your hands frequently, sneeze or cough into your sleeves and avoid being in close proximity with those who may be ill with influenza and avoid public places if you are ill with cough and sneezing to minimize spread of illness. Thank you for your continued support and efforts to help keep our community healthy.

Yours sincerely,

Dr David Torr
Medical Health Officer
Heartland and Cypress Health Regions

Media:

For more information or to arrange interviews contact
LeAnne Paproski
Communications Coordinator (306) 882-4111 ext 233

Corporate Office ❖ P.O. Box 2110, Rosetown, SK S0L 2V0

Tel: (306) 882-4111, ext 233 ❖ Fax: (306) 882-1389 ❖ Email: leanne.paproski@hrha.sk.ca

Visit Heartland's website at www.hrha.sk.ca!