

It's that time of year again... The time where sniffles, sneezes, and coughs start to circulate. These symptoms are probably familiar to most people as symptoms of the common cold, a viral infection that usually causes a sore throat, followed by runny nose, congestion, and possibly a cough. It is quite normal for adults to say they experience 1-3 colds per year and that they don't worry too much about it. Something that is quite a bit more worrisome, than the cold that we all experience, is influenza.

Influenza, also a virus, causes the symptoms of a cold, as well as muscle aches, headache, chills, fever, fatigue, etc. People who are infected with influenza also run the risk of developing much more serious complications from this virus, some of which can be deadly. In Canada, there are about 4000 to 8000 deaths per year due to influenza and its complications. The good news is that there is a way to prevent yourself and your family from experiencing an influenza infection: Get Immunized!!

The Prince Albert Parkland Health Region is resuming Flu Shot Clinics again in a few weeks, and of course, everyone is highly recommended to get immunized to protect yourself and your family. Flu Shot Clinics begin on October 21, and the clinics are being held in the South Hill Mall. No appointment is necessary, and there is no charge for the flu vaccine. This fall, make sure that you are making your family's health a priority and doing what you can to prevent illness.

For more information about the Flu Shot Clinics being held in Prince Albert and area, contact Public Health at 306-765-6506, and keep checking back to the Medi-Center Website for more information this month about influenza and vaccinations!