

# INFORMATION BULLETIN

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**For Immediate Release**  
**October 20, 2020**

## **Take flu out of the mix – get your flu shot**

This year, it's more important than ever to get a flu shot to protect against the spread of influenza, especially for those at highest risk of illness. There is no COVID-19 vaccine yet, but we do have influenza vaccines. We can take influenza out of the mix.

Influenza is a contagious respiratory disease that can lead to serious illness, hospitalization and death. If influenza spreads rapidly in communities at the same time as COVID-19 – it can overwhelm the healthcare system and put our loved ones at risk. The best protection is to get the flu shot this fall... and stay home if you are sick.

Most Northern Health flu clinics will start the first week of November, and flu vaccines will also be available from pharmacies and doctor's offices throughout the region. To find a flu clinic or provider nearest you, visit [ImmunizeBC's website](#), or call 8-1-1 if you don't have access to the internet.

Making an appointment is strongly encouraged this year to help reduce line-ups and maintain safe physical distancing, due to COVID-19. Northerners are asked to plan ahead and schedule a time to get their flu shot. NH public health clinics will be encouraging mask use (for those aged two and up), and implementing physical distancing measures. Please follow the instructions of clinic staff, and respect COVID-19 safety protocols put in place by other flu shot providers.

In some communities, the NH Check In app is available to make physical distancing easier while waiting for your flu shot appointment (to download the app, visit: <https://www.northernhealth.ca/services/digital-health/nhcheckin>). Please note, the NH Check-In app is optional to use, and is not for the purpose of making flu shot appointments.

Flu shots are safe, effective and free for many people in BC including: children, seniors, pregnant people, Indigenous people, those with underlying medical or chronic health conditions, those who work with or come in close contact with higher-risk groups.

For more information about the flu visit [northernhealth.ca](http://northernhealth.ca).

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