

Influenza season is around the corner!!

Influenza ("the flu") can be a serious disease, but you can prevent it by getting immunized every fall. The flu is caused by an influenza virus which is easily spread through coughing, sneezing and direct contact with nose and throat secretions. Influenza can result in hospitalization and death, especially in very young children, the elderly, and those with serious underlying health conditions.

All Saskatchewan residents who are six months of age and older are recommended to receive the vaccine. It is particularly recommended to people at high risk of serious complications from influenza:

- Children under five;
- Pregnant women;
- Adults 65 and older;
- Nursing home residents;
- People with a chronic health condition; and
- Caregivers and contacts of people at high risk

It is important to get the vaccine early in the fall to be protected for the entire flu season. Free flu clinics will begin **Monday, October 31, 2016**.

Please visit the St. John Bosco Website for a full Vaccine Fact Information Sheet.