

November 24, 2009

Dear Parent or Guardian:

**Have you and your children received an H1N1 flu shot?**

Getting an H1N1 flu shot is the most effective way for you and your children to avoid getting and spreading H1N1 influenza. H1N1 flu shots are now available free of charge to all family members 6 months of age and over.

To get your H1N1 flu shot, your family can go to any of the flu shot mass clinics located in Winnipeg. Each clinic is currently open Monday through Thursday, 9:30 a.m. to 8 p.m., and Friday from 9:30 a.m. to 4 p.m. Please remember to bring your Manitoba Health card. Current clinic locations are listed on the back of this letter – please note that these locations may change, so watch your local newspapers and listen to the radio and TV for announcements or check [www.wrha.mb.ca](http://www.wrha.mb.ca) for updates. Please note that some clinics may also be open on Saturdays.

**Please keep your children home if they have flu like symptoms**

It is important to keep your child at home if he or she has flu like symptoms. Symptoms almost always include fever and cough. They commonly include sore throat, muscle aches, joint pain, headaches and fatigue. Sometimes symptoms include nausea, vomiting and diarrhea. It is helpful to have backup childcare plans if needed.

Also, please remind your children to wash their hands frequently, and cough or sneeze into a tissue or into their sleeve or elbow.

**Need more information?**

If you would like more information:

- Visit the Winnipeg Regional Health Authority website at [www.wrha.mb.ca](http://www.wrha.mb.ca). You'll find many helpful resources, including the "H1N1 What to Do Quick Guide" if you or your child becomes ill, and a fact sheet on "How to Reduce the Spread of Influenza."
- Call your local community area public health office during regular business hours. You'll find a list of community offices on page 9 of the Health Services Directory in the middle of your MTS white pages telephone book (look for the purple pages).
- Call Health Links – Info Santé 24 hours a day, seven days a week, at 788-8200.

Please take this opportunity to protect each member of your family by getting H1N1 flu shots. Thank you for your help in fighting the spread of H1N1 influenza.

Sincerely,

Dr. Sande Harlos  
Medical Officer of Health  
Winnipeg Regional Health Authority

## H1N1 Immunization Clinic Locations:

"Please note: clinic dates, times and locations are subject to change."

Assiniboine South	St. Demetrios Greek Orthodox Church 2255 Grant Avenue
Downtown	Portage Place Shopping Centre 393 Portage Avenue
Fort Garry	University of Manitoba, Fort Garry Campus Room 210, Multi Purpose Room, 2nd Floor University Centre
Inkster	Philippine-Canadian Centre of Manitoba 737 Keewatin Street
Point Douglas	St. Joseph's Parish Hall 515 College Avenue
River East	Holy Eucharist Parish Centre 460 Munroe Avenue * <i>* Except Tuesdays 3:30 - 8:00 p.m.</i>  Polson School 491 Munroe Avenue * <i>* Tuesdays 4:00 - 8:00 p.m. only</i>
River Heights	Grant Park Shopping Centre 1120 Grant Avenue
St. Boniface	Centre culturel franco-manitobain 340 Provencher Boulevard
St. James	St. Paul the Apostle Parish Centre 2400 Portage Avenue
St. Vital	Indo-Canadian Arts and Cultural Centre 479 St. Mary's Road
Seven Oaks	Garden City Shopping Centre 2305 McPhillips Street
Transcona	DeFehr Furniture Plant 770 Pandora Avenue East

**\*\*\*Please remember to bring your Manitoba Health card.**