

# MEDIA RELEASE

For immediate release

October 4, 2022

## 2022 Flu Season

Northwestern Health Unit (NWHU) is preparing for flu clinics this fall. Flu shots will be available locally from many pharmacies, health care providers, and at NWHU clinics beginning in mid-October. The flu shot is the best defence against influenza and is recommended for everyone aged 6 months and up.

Those who have not yet had a bivalent COVID-19 booster dose are encouraged to book an appointment to get that shot at the same time.

Get vaccinated by contacting your local pharmacy or health care provider, or by making an appointment using the health unit's [vaccine booking system](#). More clinics will be added to the booking system as clinics fill up.

For more information on influenza and the flu shot, visit NWHU's [Influenza \(Flu\) prevention webpage](#).

Protect yourself and everyone around you... get your flu shot!

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Northwestern  
Health Unit

[www.nwhu.on.ca](http://www.nwhu.on.ca)

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