

MEDIA RELEASE

December 22, 2022

For immediate release

NWHU urges following virus control measures over the holiday period

Stay at home if you're unwell.

That's the message from Northwestern Health Unit Medical Officer of Health Dr. Kit Young Hoon as we move into a busy holiday season.

Young Hoon encourages everyone to continue following virus control measures over the holiday period. In a public statement Young Hoon said "we continue to see moderate to high rates of viral respiratory illness throughout our region caused by several viruses including influenza, COVID-19 and RSV."

Here's a checklist to follow if you or those in your household are unwell:

- Stay home when first sick with a fever or body aches
- Get your flu shot and COVID-19 booster shot if you have not yet done so. Vaccination helps prevent serious illness
- Take the provincial [on-line self-assessment](#) if you have any symptoms of illness or tested positive for COVID-19
- If you test positive for COVID-19 you might be eligible for anti-viral medication. Check online at <https://www.ontario.ca/covid-treatment-screener>

Some links to guide self-care and family care:

- [811 Health Care Connect Ontario](#) (formerly Telehealth)
- Health conditions and treatments | [Caring for kids \(cps.ca\)](#)

Where to get COVID-19 Boosters, flu shots, and COVID-19 antiviral medication

(Please remember: many pharmacies are short-staffed just like all of health care and many other workplaces. Check with the pharmacy to see if services are available at the day and time you are seeking; these services are being provided in addition to all other pharmacy functions and availability may vary.)

COVID-19 Vaccine	Influenza (Flu) Vaccine	Paxlovid (COVID-19 Antiviral medication)
Shopper's Drug Mart <i>Kenora</i>	Keewatin Pharmacy <i>Keewatin</i>	Walmart <i>Kenora</i> (requires doctor or nurse practitioner prescription)
Loblaws <i>Kenora</i>	Shopper's Drug Mart <i>Kenora</i>	
Shopper's Drug Mart <i>Fort Frances</i>	Loblaw's <i>Kenora</i>	Shopper's Drug Mart <i>Kenora</i>
Walmart <i>Fort Frances</i>	Johnson's Pharmacy <i>Kenora</i>	Tilleys Pharmacy <i>Kenora</i>
Pharmasave <i>Fort Frances</i>	Shopper's Drug Mart <i>Fort Frances</i>	Loblaws <i>Kenora</i>
Rexall <i>Sioux Lookout</i>	Walmart <i>Fort Frances</i>	Fort Frances Clinic Dispensary <i>Fort Frances</i>
Shopper's Drug Mart <i>Dryden</i>	Rainy Lake Pharmacy <i>Fort Frances</i>	Pharmasave <i>Fort Frances</i>
	Pharmasave <i>Fort Frances</i>	Safeway <i>Fort Frances</i>
	Rexall <i>Sioux Lookout</i>	Rainy Lake First Nations Pharmacy <i>Fort Frances</i> (only available for existing clients with known medical history)
	Remedy's RX <i>Sioux Lookout</i>	Walmart <i>Dryden</i> (requires doctor or nurse practitioner prescription)
	Rexall <i>Sioux Lookout</i>	
	Shopper's Drug Mart <i>Dryden</i>	Pharmasave <i>Vermilion Bay</i>
		Ignace Medical Clinic <i>Ignace</i>

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