

MEDIA RELEASE

For immediate release

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Protect Yourself This Respiratory Illness Season: Get Vaccinated for Influenza and COVID-19

Respiratory Illness Season is once again upon us! Protect yourself and your loved ones by getting vaccinated.

Getting your annual flu (influenza) shot and receiving the most recent COVID-19 vaccine is your best defense against severe illness and can prevent unnecessary visits to the hospital. Both vaccines are recommended for people 6 months of age and older.

Northwestern Health Unit (NWHU) expects both the influenza vaccine and COVID-19 vaccine will be available by mid-October. There is a limited supply of high dose influenza vaccine for those 65 years of age and older, and it will only be available while supplies last. This year in Kenora, Dryden and Fort Frances, high dose influenza vaccine will only be available at pharmacies or from your health care provider.

For a schedule of clinic dates planned in your community or to book an appointment, visit the [NWHU website](#).

For more information on influenza, the flu shot, and eligibility, visit the [Ministry of Health's Influenza program page](#). Find more information about the COVID-19 vaccine at the [Ministry's COVID-19 vaccine page](#).

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