

January 11, 2014

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Influenza vaccine supply update: Central Zone

RED DEER – Due to the significant uptake in this year's flu vaccination campaign, influenza vaccine is no longer available in Central Zone.

This year's vaccination campaign was one of the most successful in our province's history, with more Albertans being vaccinated than nearly any other year.

As of January 11 at 4 p.m., all influenza immunization clinics have closed in Central Zone and will not be reopening this season.

Some doses of vaccine have been reserved for children who have received first doses of influenza vaccine this season, and require a second dose. Children under the age of nine who are receiving seasonal influenza vaccine for the first time this season require two doses this season to be fully protected. If your child requires a second dose, please call Health Link Alberta or your local public health office for information.

Limited doses have also been reserved to address specific outbreaks in health care centres and continuing care sites.

Influenza continues to circulate in our communities. Many cases of influenza are best treated at home, through self-care. For more information on self-care, and guidance on when to seek medical assistance, visit www.albertahealthservices.ca/influenza.

We thank all Albertans for their continued vigilance in preventing the further spread of illness in our communities, and encourage the following preventative precautions:

- **Cover your cough:** Cover your nose and mouth with a tissue when sneezing or coughing. If you don't have a tissue, always cough or sneeze into your arm, not into your hands. Throw away tissues after wiping your nose or covering a cough, and wash your hands.
- **Clean your hands:** Using soap and warm water, wash your hands thoroughly and often, including after coughing, sneezing, using tissues or the washroom, and before eating or preparing foods. Alcohol-based hand rub or sanitizer can also be helpful if hands are not visibly soiled. Make a point of keeping hands and fingers away from your eyes, nose and mouth.
- **Stay home when sick:** If you have symptoms of illness, including fever, cough, diarrhea and/or vomiting, stay home from work, school, daycare, or any social function. Please also refrain from visiting family, friends or loved ones in hospitals, care facilities or seniors lodges, until you have fully recovered.

Alberta Health Services is the provincial health authority responsible for planning and delivering health supports and services for more than four million adults and children living in Alberta. Its mission is to provide a patient-focused, quality health system that is accessible and sustainable for all Albertans.

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