

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 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. 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