

Date: *November 19, 2009*

Expansion of the H1N1 Immunization Program

Dear Parent/Guardian,

Beginning November 19, 2009, H1N1 vaccine is available free for all BC Residents over 6 months of age. Immunization is the best defence against the H1N1 Influenza. We encourage all family members to get their H1N1 vaccination as soon as possible.

Public Health will offer H1N1 and Seasonal Flu Clinics in communities throughout the Interior Health region in the coming weeks. For information about H1N1 Influenza and for clinic dates/locations in your area, please refer to the following sources:

1. www.interiorhealth.ca
2. www.immunizebc.ca
3. Call 8-1-1 HealthLink BC
4. www.healthlinkbc.ca

As we enter flu season, it is important to remember to take good care of yourselves and your families. The best ways to do that are for you and your children to wash your hands often, to remind each other to sneeze and cough into your sleeves, and to stay home if you are sick.