



November 30, 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 the Interlake. Clinics open at 12:00 Noon and run either to 7:00 or 8:00 pm in the evening throughout the week. 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 check the Interlake RHA website at: www.irha.mb.ca for updates.

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 Manitoba Health and Healthy Living website at <http://www.gov.mb.ca/flu/index.html> where you'll find many helpful resources.
- Call Health Links - Info Santé 24 hours a day, seven days a week, at 1-888-315-9257.
- Call your local community area public health office during regular business hours.

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,

A handwritten signature in black ink, appearing to read "Tim Hilderman".

Dr. Tim Hilderman, MD FRCPC
Medical Officer of Health, Interlake Region

H1N1 Immunization Clinic Locations:

Community	Date	Location	Clinic Time
Riverton	Nov. 30	Riverton Community Hall 175 Riverton Avenue	12 Noon - 8:00 pm
Selkirk	Dec. 1	Selkirk Rec Centre Banquet Hall 180 Easton Drive	12 Noon - 8:00 pm
St. Laurent	Dec. 1	St. Laurent Parish Hall Lot 119 Parish Lane	12 Noon - 7:00 pm
Fisher Branch	Dec. 2	Fisher Branch Ukrainian National Home 22 Provencher Street	12 Noon - 8:00 pm
Stonewall	Dec. 2	Stonewall Lions Community Centre 5 Keith Cosens Drive	12 Noon - 8:00 pm
Gimli	Dec. 3	Gimli New Horizons Centre 17 North Colonization Road, Loni Beach	12 Noon - 8:00 pm
Selkirk	Dec. 3	Selkirk Rec Centre Banquet Hall 180 Easton Drive	12 Noon - 8:00 pm
Arborg	Dec. 7	Arborg Bifrost Community Centre 409 Recreation Centre	12 Noon - 7:00 pm
Warren	Dec. 7	Warren Community Hall 145 MacDonald Avenue	12 Noon - 7:00 pm
Selkirk	Dec. 8	Selkirk Rec Centre Banquet Hall 180 Easton Drive	12 Noon - 7:00 pm
Wpg. Beach	Dec. 8	Winnipeg Beach Rec Centre 32 Hamilton Avenue	12 Noon - 7:00 pm
Eriksdale	Dec. 9	Eriksdale Rec Centre 2 - 1 st Avenue	12 Noon - 7:00 pm
Teulon	Dec. 9	Teulon Community Hall 14 Main Street	12 Noon - 7:00 pm
Selkirk	Dec. 10	Selkirk Rec Centre Banquet Hall 180 Easton Drive	12 Noon - 7:00 pm
Ashern	Dec. 10	Ashern Centennial Hall #1 PR 325 East	12 Noon - 7:00 pm

*****Please remember to bring your Manitoba Health card.**