



Region of Waterloo  
PUBLIC HEALTH

# This year it's a different flu season.

**This year there are two flu vaccines—one for seasonal influenza and one for the H1N1 virus.  
There is a three phase roll-out for the flu clinics:**

Timing	Vaccine	Individuals who can be immunized
December	H1N1 flu virus	All individuals*
December 2009 /January 2010	Seasonal flu	All individuals*

\* Individuals under 6 months of age are not eligible for immunization.

### You must be well to get the vaccine.

If you have a fever and a new or worsening cough, you need to attend a clinic when you feel better.

## UPCOMING FLU CLINICS

Vaccine	Date	Location	Individuals who can be immunized
Seasonal flu & H1N1 flu virus	Tuesday, December 15	Forest Heights Collegiate Institute 255 Fischer-Hallman Road, Kitchener 2– 8 p.m.	All individuals*
Seasonal flu & H1N1 flu virus	Monday, January 4	Region of Waterloo Public Health (Cambridge Office) 150 Main Street, Cambridge, Boardroom 2– 8 p.m.	All individuals*
Seasonal flu & H1N1 flu virus	Thursday, January 7	Region of Waterloo Public Health (Waterloo Office) 99 Regina Street South, Waterloo, Room 508 2– 8 p.m.	All individuals*
Seasonal flu & H1N1 flu virus	Tuesday, January 12	Region of Waterloo Public Health (Cambridge Office) 150 Main Street, Cambridge, Boardroom 2– 8 p.m.	All individuals*
Seasonal flu & H1N1 flu virus	Monday, January 18	Region of Waterloo Public Health (Waterloo Office) 99 Regina Street South, Waterloo, Room 508 2– 8 p.m.	All individuals*