

Dear Family Medicine Patients,

We're now booking appointments for our flu clinics! Please call the Family Medicine Centre office to book your appointment or go to your local pharmacy to get it. Anyone 5 years and older can get their flu shot in a pharmacy. Pharmacies will also carry the high dose flu vaccine this year.

Why get the flu shot?

Getting the flu vaccine is the best way to prevent the flu, or reduce the risk of complications if you do get the flu. If you are age 65 or more, we'll provide you with a high dose vaccine. All others (aged 6 months and up) will receive the regular vaccine.

Clinic start date

Our flu clinics start the week of **Monday, October 19**. To maintain proper social distancing, please do not arrive early or late, and please come alone.

Clinic Visitor Policy

Patients must come alone for booked appointments. One escort may accompany a person who is not able to come into clinic safely alone. Partners of pregnant patients are not able to enter. One parent should accompany a child. If you need a person to assist you, please let us know when you book your appointment.

For more information on the flu shot, please visit:

<https://www.ontario.ca/page/flu-facts#section-0>

Regards,

Mount Sinai Academic Family Health Team