



**GRANOVSKY GLUSKIN
FAMILY MEDICINE CENTRE**

Family Health Team

Dear Family Medicine Patients,

We are approaching flu season and would like to share our clinic's plan for flu shots this year. People ages 5 to 64 can get their flu vaccine at a local pharmacy in mid to late October. Patients under the age of 5 or 65 years and older can book an appointment in one of our flu clinics on Nov 7, 8, 14 or 15. If you have an appointment booked with us already in October or November, we will be happy to give you your flu vaccine at your regularly scheduled appointment.

Here is what is recommended for influenza vaccination for the 2018/19 flu season from Toronto Public Health:

1. High-Dose Trivalent Inactivated Vaccine (Fluzone HD) is the preferred vaccine for seniors age 65+ years. This vaccine will only be available in physician offices, walk in clinics, and NOT pharmacies, and protects against 3 strains of the influenza virus, including H3N2, which can make seniors very sick.
2. Quadrivalent Inactivated Vaccine is recommended for adults and children ages 6 months and older. This protects against 4 strains of influenza virus.
3. Children 2 to 17 years can receive either the live attenuated quadrivalent influenza nasal spray vaccine (Flumist) or the standard injectable quadrivalent inactivated vaccine.

Click on the links below for additional information about influenza vaccines, the available vaccines, and Public Health flu clinics located in your area:

- [Flu vaccine for adults](#)
- [Flu vaccine for children](#)
- [Flu Prevention](#)

Sincerely,

Mount Sinai Academic Family Health Team

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