

NEWS RELEASE

For immediate release: October. 2, 2024

Health Unit Launches Flu and COVID-19 Vaccine Clinic Schedule for High-Risk Groups

NORTH BAY, ON – The North Bay Parry Sound District Health Unit is gearing up to protect residents against the flu and COVID-19 as we enter another respiratory season. Starting mid-October, the Health Unit will offer both vaccines to high-risk individuals, with availability opening to the general population in November. Individuals can also receive their vaccines from participating pharmacies and primary care providers. The Health Unit has released its community clinic schedule for those in high-risk categories, including:

- Individuals aged 65 years and older;
- Residents and staff of congregate living settings;
- Pregnant individuals;
- Children aged six months to four years;
- Individuals aged six months and older with underlying health conditions;
- Individuals from First Nation, Inuit, or Métis communities and/or those who self-identify as such, along with their household members;
- Members of racialized and other equity-deserving communities;
- Health care workers and first responders.

It is safe and convenient to receive both the flu and COVID-19 vaccines at the same time. Vaccination helps protect your health, reduces the risk of missed work, school, or social engagements, and safeguards those around you. It is recommended to wait six months after your last COVID-19 vaccine or COVID-19 infection before receiving your next dose.

There are multiple options for obtaining your flu and COVID-19 vaccines this year.

- **Participating Pharmacies:** Contact your local pharmacy to book an appointment.
- **Primary Care Provider:** Schedule an appointment directly with your provider.
- **Health Unit Appointments (in-office):** High-risk individuals can call the Health Unit at [1-800-563-2808](tel:1-800-563-2808) and follow the prompts for seasonal vaccines.
- **Community Clinics:** Appointments are encouraged and can be booked online at [Ontario.ca/bookvaccine](https://ontario.ca/bookvaccine). Walk-ins are welcome but wait times may vary.

Magnetawan

Tuesday, Oct. 29 at Magnetawan Community Centre (4304 Hwy 52) from 4 p.m. to 6 p.m.

Tuesday, Nov. 19 at Magnetawan Community Centre from 4 p.m. to 6 p.m.

Mattawa

Tuesday, Oct. 22 upstairs at Mike Rodden Arena (450 Hurdman St.) from 3 p.m. to 6 p.m.

Tuesday, Nov. 5 at Mike Rodden Arena from 3 p.m. to 6 p.m.

North Bay

Sunday, Oct. 20 at Elks Lodge (325 Elks Ln.) from 10 a.m. to 4 p.m.

Saturday, Nov. 9 at Elks Lodge from 10 a.m. to 4 p.m.

Parry Sound

Sunday, Oct. 27 at Charles W. Stockey Centre (2 Bay St.) from 10 a.m. to 3 p.m.

Sunday, Nov. 17 at Charles W. Stockey Centre from 10 a.m. to 3 p.m.

Sundridge

Tuesday, October 15 upstairs at SSJ Arena (14 Albert St. N) from 2 p.m. to 6 p.m.

Tuesday, Nov. 12 upstairs at SSJ Arena from 2 p.m. to 6 p.m.

For more information about the flu or the flu vaccine, visit myhealthunit.ca/flu.

For more information about COVID-19, visit myhealthunit.ca/COVID-19.

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