

60 Second RHA Radio Spot

(October 2011)

HAVE YOU HAD YOUR FLU SHOT YET?

Hi, I am Dr. Buchan, Medical Officer of Health for Central Region with an important message to help protect you from the flu.

The flu shot is FREE to all Manitobans and Clinics are currently underway. For a complete listing of clinic dates and locations:

- ✓ visit the RHA website at www.rha-central.mb.ca or
- ✓ contact your local Public Health Office or family doctor.

An annual flu shot is especially important for those at increased risk of serious illness from the flu, their caregivers and close contacts. As well, if you are 65 or older or have a chronic illness, ask your caregiver regarding getting a pneumo shot. One pneumo shot may give you a lifetime of protection.

Getting your flu shot every year is the best way to protect yourself against the flu This year: **Protect yourself ... get the SHOT – not the FLU!**

That's October's MONTH IN REVIEW from the RHA Central, helping you become, AS HEALTHY AS CAN BE!