

Vaccination is the best protection

Seasonal influenza vaccination campaign on the territory of the CLSC de Pierrefonds and the CLSC du Lac-Saint-Louis

Pointe-Claire, October 20, 2015 – From November 3rd to December 19th, 2015, the *Centre intégré universitaire de santé et de services sociaux (CIUSSS) de l'Ouest-de-l'Île-de-Montréal* will provide free vaccination to people who have a high risk of developing complications from influenza or of passing it to vulnerable people.

The following centres will take turns in opening their doors for flu vaccination from Tuesday to Friday, between 12:30 to 7:30 p.m., and Saturday, between 10:30 a.m. and 5:30 p.m.: the Arthur-Séguin Chalet, the Bob-Birnie Arena in Pointe-Claire, the East Community Centre, the Pierrefonds Cultural Centre, the Catch the Fire Church in the Pierrefonds-Roxboro borough, the Dollard-des-Ormeaux Civic Centre as well as the Herb Linder Annex in Beaconsfield.

The best protection from the seasonal flu remains the vaccine. The vaccine's composition is updated annually in order to include the virus strains most likely to be present during the flu season. It is therefore highly recommended that you get your shot every year so you are protected from influenza complications. The vaccine is recommended for those at risk of complications (children aged 6 to 23 months; pregnant women in good health who are in their 2nd or 3rd trimester; people living with chronic illnesses and adults aged 60 and over), for anyone in close contact with these people or in contact with babies younger than 6 months old, as well as health care workers.

For more information on the vaccination centres' schedule and contact information, please visit the CIUSSS de l'Ouest-de-l'Île-de-Montréal web portal (www.ciuuss-ouestmtl.gouv.qc.ca/en/home/) or contact your CLSC: CLSC de Pierrefonds, 514-626-2572, CLSC du Lac-Saint-Louis, 514-697-4110.

The Centre intégré universitaire de santé et de services sociaux (CIUSSS) de l'Ouest-de-l'Île-de-Montréal is made up of the West Island HSSC, CSSS de Dorval-Lachine-LaSalle, St. Mary's Hospital, Douglas Mental Health University Institute, West Montreal Readaptation Centre, Grace Dart Extended Care Centre, and Batshaw Youth and Family Centres. It employs 9,000 staff members and 750 physicians.

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Source:
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