

ALGOMA ONTARIO HEALTH TEAM

Q&A

Can I come on any day to get my flu vaccine?

The Algoma OHT Flu Clinic is by appointment only. Walk-Ins will not be accepted. Individuals wanting to get a flu shot are asked to call 705-759-7486, between 5 p.m. – 8 p.m., the Tuesday or Wednesday before the Clinic to schedule an appointment. When calling the Appointment Line, please know the day (Friday or Saturday) you would like to attend and the time. Have a pen and paper ready as you will be assigned a specific time and Flu Vaccine Station to attend.

The Clinic will operate on Fridays and Saturdays, from October 23, 2020 – November 14, 2020.

Friday, October 23 & Saturday, October 24

Friday, October 30 & Saturday, October 31

Friday, November 6 & Saturday, November 7

Friday, November 13 & Saturday, November 14

Where do I enter the GFL Memorial Gardens to access the AlgomaOHT Flu Clinic?

We are asking all individuals to enter through the Queen and Dennis Street entrance (Gate A). The Algoma OHT Flu Clinic is fully accessible – individuals with mobility concerns can access the Clinic through the Accessibility Entrance (Gate D) located in the main parking lot below Gate A.

What should I wear to the AlgomaOHT Flu Clinic?

Individuals attending the AlgomaOHT Flu Clinic must wear clothing that does not restrict access to the upper arm. Changing areas will not be available. Individuals **MUST** wear a face covering at all times during their flu clinic visit.

What should I expect upon arrival at the flu clinic?

When you arrive at the AlgomaOHT Flu Clinic, please

1. Use the **Hand Sanitizing Station** before entering the facility
2. Proceed to the **COVID-19 Screening Area** before entering the Flu Clinic area
3. Complete the **Pre-Flu Clinic Questionnaire**, once completed; you will be directed to your Flu Vaccination Station
4. Once you receive your flu vaccine, you will be encouraged to remain at the Clinic in the designated seating area for 15 minutes to be monitored for an adverse reaction



If I have a cold, can I get the flu vaccine?

If you are experiencing cold symptoms, regardless of how mild, please stay at home and reschedule your appointment.

Am I protected right away when I get the flu vaccine?

A flu shot takes two weeks to take effect.

Will I get confirmation after receiving the vaccine?

You will receive an Immunization Card – for your personal records or to share with your primary care provider.

Who is eligible to receive the flu vaccine?

All persons aged six (6) months of age and older are recommended for annual vaccination, with rare exceptions. Vaccination is particularly important for people who are at high risk of developing serious flu complications.

Bring your valid Health Card with you to the AlgomaOHT Flu Clinic, as you will be asked for the information during the Pre-Flu Clinic Questionnaire.

Who should not get the vaccine?

Some people should not be immunized without first consulting a medical provider. These include:

- People who have had a severe reaction to an influenza vaccination
- People who developed Guillain-Barre syndrome within six weeks of getting an influenza vaccine
- People who have a moderate-to-severe illness with a fever (they should wait until they recover to be immunized)
- People with symptoms of influenza or COVID-19

How am I protected from COVID-19 while getting my flu vaccine?

AlgomaOHT Flu Clinic has been designed with a safety-first plan (meeting the Provincial and Community Public Health Guidelines). The following measures are in effect; visits will be done by appointment (no walk-ins), all individuals will be pre-screened for illness/exposure to COVID-19, physical distancing, controlled one-way traffic flow, separate entrance and exit into the clinic space, infection prevention and control measures will be followed, increased environmental cleaning, and medical staff on site.

Will the flu vaccine protect me from COVID-19?

Getting your flu vaccine does not protect you from COVID-19 or increase your risk of getting COVID-19. Getting your flu vaccine will reduce the risk of becoming ill and being hospitalized from influenza. Getting a flu vaccine can prevent severe disease and save healthcare resources for the care of patients with COVID-19.



Where can I get the vaccine if I cannot get it here?

Flu shots are available through your primary care provider or at many Community Pharmacies; please contact your primary care provider or pharmacy regarding flu shot availability.

What are flu symptoms?

Symptoms typically appear **1 to 4 days after being exposed** to the virus, but you're **still contagious** even if you don't show symptoms yet. Most people who get the flu will recover within 7 to 10 days. You may have caught the flu if you have:

- fever
- chills
- cough
- runny eyes
- stuffy nose
- sore throat
- headache
- muscle aches
- extreme weakness and tiredness
- loss of appetite

Some people may have diarrhea or vomiting, though this is more common in children than adults.

What should I do if I get the flu?

Be sure to:

- stay home and get plenty of rest
- drink lots of fluids
- speak to your doctor, nurse practitioner or pharmacist about over-the-counter medications that can help you feel better (such as basic pain or fever relievers), but do not give acetylsalicylic acid (ASA or Aspirin®) to anyone under 18 years' old
- treat muscle pain using a hot water bottle or heating pad – apply heat for short periods of time
- take a warm bath
- gargle with a glass of warm salt water or suck on hard candy or lozenges
- use spray or saline drops for a stuffy nose
- avoid alcohol, caffeine and tobacco

Call your doctor or nurse practitioner if:

- you don't start to feel better after a few days
- your symptoms get worse
- you are in a [high-risk group](#) and develop flu symptoms

