

To All Our Valued Families:

The Flu Season is upon us!

We cannot stress how important it is that you and your loved ones receive the influenza vaccination. It is the best protection we have against the influenza virus. Individuals 6 months and older who live, work or go to school in Alberta are eligible for the vaccine at no charge. Please do not delay receiving your important and potentially lifesaving vaccine. It is in the best interest of the residents for you to receive the vaccine as well. Outbreaks in a Continuing Care setting are dangerous and life threatening to vulnerable individuals. We are asking your help in preventing an outbreak at Venta Care Centre. Please make a note of the public influenza clinics and pharmacies that will be providing this service in October. To assist you in making an informed decision please visit.

<http://www.albertahealthservices.ca/influenza.asp>

**If you are not well, please delay your visit to Venta Care Centre. The influenza virus spreads rapidly among people.**

- The virus passes from person to person when an infected person sneezes or talks.
- Virus can live on hands and is then passed to surfaces though touching
- The virus can live on door handles, telephones, light switches, counter tops, and on soft surfaces like clothing for up to 8-10 hours.
- Persons are contagious for seven days after symptoms start.
- Young children and those who have weak immune systems (elderly) and those who have severe illness may be contagious for longer

**Other symptoms can include:**

- Chills
- Loss of appetite
- Sore throat
- Runny or stuffy nose
- Some people may have nausea, vomiting and diarrhea
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**What can you do to protect yourself?**

- Get the vaccine
- Take everyday preventive actions: Wash your hands/ use alcohol based rub, avoid close contact with sick people, avoid touching your nose and mouth, clean and disinfect surfaces or objects.
- Take flu antiviral drugs if your doctor prescribes them.

**If you are exhibiting any of the following symptoms please Stay Home!!**

- Fever of 38 C (100.4 F)
- A dry cough that can last for weeks
- Headache
- An aching body
- Feeling very weak and tired

We want to thank you in advance for your partnership in taking the necessary precautions to reduce the potential for serious illness from the Influenza virus to the residents at Venta Care Centre. For more information we invite you to visit our website [www.ventacarecentre.com](http://www.ventacarecentre.com)

Warm Regards;

Kimberley Becker  
Infection Control