

# KEEP YOUR DISTANCE FROM THE

Centre intégré  
de santé  
et de services sociaux  
de l'Outaouais

Québec 

## 2016 Immunization Clinics Des Collines

<b>Cantley</b> <i>New location</i>	<b>Cantley Fire Station, 10 Rivers Road</b>		
	Wednesday	November 2, 2016	9 a.m. to 4 p.m.
	Wednesday	December 14, 2016	12:30 p.m. to 7:30 p.m.
<b>Chelsea</b>	<b>CLSC de Chelsea, 490 route 105, Room 201</b>		
	Thursday	November 3, 2016	12:30 p.m. to 7:30 p.m.
	Wednesday	November 9, 2016	9 a.m. to 4 p.m.
<b>Masham</b>	<b>CLSC de La Pêche, 9 Passe-Partout Road</b>		
	Tuesday	November 1, 2016	9 a.m. to 4 p.m.
	Thursday	November 10, 2016	12:30 p.m. to 7:30 p.m.
	Tuesday	December 13, 2016	9 a.m. to 4 p.m.
<b>Val-des-Monts</b>	<b>Salle J.A. Perkins, 17 du Manoir Road</b>		
	Monday	November 7, 2016	9 a.m. to 4 p.m.
	Friday	December 16, 2016	12:30 p.m. to 7:30 p.m.



# FLU

### GET VACCINATED IF YOU LIVE WITH A CHRONIC ILLNESS

like diabetes, an immune disorder or a cardiovascular, respiratory or kidney disease.

## INFLUENZA VACCINE

### Available free of charge to:

- ✓ Persons 60 years and older
- ✓ Healthy children 6 to 23 months of age, inclusive
- ✓ Children and teens (under age 18) on long-term acetylsalicylic acid (ASA) treatment
- ✓ Persons with a condition requiring regular medical follow-up or hospital care, such as heart disease, lung disease, respiratory problems or chronic health conditions
- ✓ Pregnant women with any of the above conditions (at any stage of pregnancy)
- ✓ Healthy pregnant women in their 2nd or 3rd trimester
- ✓ Persons likely to transmit influenza to people with a high risk of complications, such as health care workers, day care workers and people who live with or care for at-risk persons or children under 6 months of age

## PNEUMOCOCCAL VACCINE

### Available free of charge to:

Pneumococcal vaccine 23 (Pneu-P-23) is available for:

- ✓ Persons 65 years and older
- ✓ Persons 2 to 64 years of age at high risk of pneumococcal infection, such as persons with a suppressed immune system, chronic kidney failure, asplenia or a chronic condition or disease

For a **schedule of all immunization clinics** in the Outaouais region, please visit our **website** at [www.santeoutaouais.qc.ca/en/home](http://www.santeoutaouais.qc.ca/en/home) or call the **toll-free flu info line (Info-Grippe)** at **1-844-351-6277**

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