



Heartland Health Region

Healthy People, Healthy Communities, and Service Excellence in an Enduring Health System



For Immediate Release
Date: November 30, 2016

Public Health Advisory - Whooping Cough and Influenza in Heartland Health Region

Both Whooping cough (pertussis) and Influenza have been identified in students attending schools in the Heartland Health Region. Protection to both Whooping cough and Influenza can be provided by vaccination.

Dr David Torr, Medical Health Officer has recommended that all parents ensure their children's immunizations are up to date for their age. He is also encouraging annual Influenza vaccination for all individuals over 6 months of age.

If you or other family members are not immunized or unable to recall your last pertussis vaccine, please call your local public health office to have your records confirmed and to make an appointment for immunization.

If you develop any respiratory symptoms that may include a cough, runny nose or fever, please see your doctor **as soon as possible**. It is important that you call your doctor's office before you go and let them know you are ill with respiratory symptoms, and will be coming to the office.

It is important to continue hand washing and covering your cough to limit the spread of the germs to others.

Scheduled influenza immunization clinics are still available in some communities in the region as well as participating pharmacies. Please check out our website <http://hrha.sk.ca/programs-services/public-health-immunizations> You can also like us on Facebook or follow us on Twitter for the latest Influenza information and available clinics, @heartlandhr is our Twitter tagline. You may also speak to your family physician or call the provincial HealthLine at 8-1-1.

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Media:
For more information contact:
LeAnne Paproski, Communications Coordinator, (306) 882-4111 ext. 2311

Heartland Health Region Communications, ❖ P.O. Box 2110, 301 Centennial Drive, Rosetown, SK S0L 2V0

Tel: 306-882-4111 ext. 2311 ❖ Fax: 306-882-1389 ❖ Email: leanne.paproski@hrha.sk.ca

Visit us at www.hrha.sk.ca

