

FOR IMMEDIATE RELEASE

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COMMUNITY LEADERS ADVOCATE FLU VACCINATION AS THE BEST PROTECTION AGAINST INFLUENZA

Hospital encourages the community to get vaccinated at pharmacies, local clinics and doctors

(Mississauga, ON) - Trillium Health Partners joined with community leaders from Peel Public Health, Peel Police, elected officials and flu vaccination advocate Jill Promoli to remind people to get their flu shot.

Influenza, more commonly known as “the flu”, is a highly contagious respiratory illness that results in thousands of hospitalizations across Canada each year. Encouraging the public to get their flu shot to reduce transmission of the flu is an important priority at Trillium Health Partners as it directly impacts the number of patients that the hospital sees in its emergency departments during the winter months.

“The annual flu vaccine is the most effective way to protect ourselves and our families and our community from the transmission of the flu,” said Michelle DiEmanuele, President and CEO, Trillium Health Partners. “Children, seniors and those with underlying health conditions or weakened immune systems who contract the flu are especially at risk for complications that can lead to hospitalization and ICU admissions.”

The flu is spread through coughing, sneezing or by touching contaminated surfaces and objects. In addition to getting the flu vaccine each year, thorough hand washing, sneezing into a tissue or sleeve, disinfecting commonly touched surfaces and staying home when sick are additional ways to prevent transmission of the flu.

“The best prevention comes when everyone does their part,” says Jill Promoli, flu vaccination advocate. “A huge obstacle in flu prevention has been a general lack of awareness about how serious it can be, and how much impact a single person can have by doing what they can to prevent getting sick and passing it on to someone else.”

The flu vaccine is free to all Ontario residents and is available through pharmacies, local clinics and doctors. Everyone six months of age or older and especially people at high risk of influenza-related complications or hospitalization should get vaccinated.

Early vaccination will optimize protection against the flu as it takes two weeks after the flu vaccine is received for it to be effective.

About Trillium Health Partners

Trillium Health Partners is one of the largest community-based acute care facilities in Canada. Comprised of Credit Valley Hospital, the Mississauga Hospital and the Queensway Health Centre, Trillium Health Partners serves the growing and diverse populations of Mississauga, West Toronto and surrounding communities. Trillium Health Partners is a teaching hospital affiliated with the University of Toronto and is an associate member of the Toronto Academic Health Science Network.

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