

PUBLIC SERVICE ANNOUNCEMENT

For immediate release: Nov. 14, 2022

COVID-19 Vaccine and Flu Shot Opportunities This Week

NIPISSING & PARRY SOUND, ON – Vaccine clinics will take place in Nipissing and Parry Sound districts this week for individuals aged six months and older looking to receive a COVID-19 vaccine or the flu shot. It is safe for individuals aged five and older to receive the flu shot at any point in time after receiving a dose of the COVID-19 vaccine, and vice versa. As a precautionary measure only, individuals aged six months to four years are recommended to wait 14 days between receiving the COVID-19 vaccine and any other vaccine.

Individuals are reminded to wear a face covering at clinics and, if possible, bring a health card or another form of identification.

Walk-In Flu Shot Clinics:

Mattawa

- Wednesday, Nov. 16 at Mattawa Golden Age Club (464 Poplar St., Mattawa) from 3:30 p.m. to 5:30 p.m.

Parry Sound

- Saturday, Nov. 19 at Parry Sound Mall (70 Joseph St., Parry Sound) from 10 a.m. to 2 p.m.

The flu shot is also available at doctors' offices and pharmacies.

COVID-19 Vaccine Clinics:

Mattawa

- Monday, Nov. 14 at Mattawa Golden Age Club (464 Poplar St., Mattawa) from 2 p.m. to 6 p.m.

North Bay

- Tuesday, Nov. 15 at Elks Lodge (325 Elks Ln., North Bay) from 10 a.m. to 6 p.m.
- Thursday, Nov. 17 at Elks Lodge from 10 a.m. to 6 p.m.
- Monday, Nov. 21 at Elks Lodge from 10 a.m. to 6 p.m.

Sundridge

- Friday, Nov. 18 at SSJ Arena (14 Albert St. N, Sundridge) from noon to 4 p.m.

The bivalent COVID-19 vaccine will be offered as a booster dose to individuals aged 12 to 64 who have had six months (168 days) pass since their last dose or COVID-19 infection. [Individuals who are at higher risk of severe illness from COVID-19, including individuals aged 65 and older](#) may be better protected if they receive a booster dose three months (84 days) after their last dose or COVID-19 infection.

Booked appointments for COVID-19 vaccine clinics are preferred, as availability for walk-in appointments will be limited. Individuals can book an appointment for their COVID-19 vaccine online at [Ontario.ca/BookVaccine](https://ontario.ca/BookVaccine), or by calling the Health Unit call centre at [1-844-478-1400](tel:1-844-478-1400). Private appointments can be made through [participating pharmacies](#) in the Parry Sound and Nipissing districts. For the full schedule and more information, visit myhealthunit.ca/GetVaccinated.

-30-

Media Inquiries:

Alex McDermid, Public Relations Specialist

P: [705-474-1400](tel:705-474-1400), ext. 5221 or [1-800-563-2808](tel:1-800-563-2808)

E: communications@healthunit.ca