

.....from the Ontario Seniors' Secretariat

## **A note on seasonal flu from the Ministry of Health and Long Term Care**

People 65 and older and residents of Long Term Care homes are often at risk of health complications from getting the flu. Although H1N1 is the predominant strain of flu this year, the regular seasonal flu is still circulating in Ontario. People over 65 are generally at greater risk of catching seasonal flu and they are more susceptible to serious complications and hospitalization from seasonal flu.

The evidence to date has shown that older people are generally less likely to become infected with the H1N1 virus. Older people seem to have built up immunity to H1N1 possibly because there may have been exposed to a similar virus at an earlier point during their lives.

So, Ontario is recommending that people over 65 get their seasonal flu shot first. The seasonal flu shot is now available. It will be delivered in Long-Term Care homes, at clinics throughout the province or through your own health care provider.

For information on seasonal flu clinics in your area, contact your local public health unit. For more information on seasonal flu and the H1N1 virus, visit [www.ontario.ca/flu](http://www.ontario.ca/flu)