

H1N1 and Seasonal Flu Vaccine Clinics

All Residents of Cumberland County

are strongly encouraged to get a H1N1 flu vaccine over the coming weeks.

Public Health Services will be offering

H1N1 and Seasonal Flu Vaccines

at the following clinic locations and times.



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		October 28 Springhill 10 am - 4 pm	October 29 Amherst 10 am - 4 pm	October 30 Amherst 10 am - 4 pm	October 31 No Clinic
November 2 Oxford 10 am - 7 pm	November 3 Pugwash 10 am - 7 pm	November 4 Springhill 10 am - 7 pm	November 5 Amherst 10 am - 8 pm	November 6 Amherst 10 am - 8 pm	November 7 Parrsboro 10 am - 4 pm
November 9 Oxford 10 am - 7 pm	November 10 Parrsboro 10 am - 7 pm	November 11 Remembrance Day No Clinic	November 12 Amherst 10 am - 8 pm	November 13 Amherst 10 am - 8 pm	November 14 Amherst 10 am - 4 pm
November 16 Pugwash 10 am - 7 pm	November 17 Parrsboro 10 am - 7 pm	November 18 Springhill 10 am - 7 pm	November 19 Amherst 10 am - 8 pm	November 20 Amherst 10 am - 8 pm	November 21 Springhill 10 am - 4 pm
November 23 Oxford 10 am - 7 pm	November 24 Parrsboro 10 am - 7 pm	November 25 Springhill 10 am - 7 pm	November 26 Amherst 10 am - 8 pm	November 27 Amherst 10 am - 8 pm	November 28 Amherst 10 am - 4 pm

Clinic Locations:

In **AMHERST**:
Amherst Armories
34 Acadia Street

In **OXFORD**:
Lions' Recreation Centre
Main Street

In **PARRSBORO**:
Parrsboro Fire Hall
252 Willow Street

In **PUGWASH**:
St. Thomas Moore Church Hall
79 Church Street

In **SPRINGHILL**:
Springhill Armories
72 North Street

You cannot get influenza from these vaccines. They are safe and effective.

Vaccines are free. Bring your Nova Scotia Health Card. No appointment needed.

Seasonal flu shots will be available only for those in high risk groups including seniors, people with chronic disease, babies, pregnant women and their families.

H1N1 vaccine for pregnant women will be available in mid-November.

You should not visit a clinic if you have a cough & fever or common flu symptoms.

Schedule is subject to change and additional clinics may be added to meet demand.

Any questions? Call 811