

Wellness Articles

Attached are weekly health and wellness articles provided by Alberta Health Services. As a way to help all Albertans live a healthy life, we welcome and encourage weekly newspapers, community newsletters and other publications to reproduce this information free of charge. Credit to Alberta Health Services or the identified content provider would be appreciated.

If you would like to be added to the distribution list for these articles, please email: Rebecca.johnson2@albertahealthservices.ca. You will receive a monthly email containing articles for the upcoming four weeks.

An archive of past wellness articles is available at <https://www.albertahealthservices.ca/news/Page9966.aspx>

Proposed publication date: Dec. 6, 2021
Content provided by: Alberta Health Services

Get fully protected: influenza immunization in your community

- More than 21 months into the pandemic response, we need to keep working together to protect each other, our loved ones and our communities by rolling up our sleeves again this year to get immunized against influenza.
- By keeping the number of influenza cases and outbreaks low, we can help protect ourselves as well as at-risk Albertans and reduce the pressure on our healthcare system.
- Immunization options:
 - AHS is working with community pharmacists and physicians to offer influenza immunization to all Albertans.
 - AHS public health clinics are offering immunization to those **under five years of age** and their immediate families or household members (under the age of 65). Appointments are required at AHS clinics.
 - All other Albertans can get immunized at participating pharmacies and doctor's offices.
 - Online booking for appointments at AHS clinics and participating pharmacies is available through the province's centralized vaccine booking tool. Go to ahs.ca/vaccine to book an appointment today. If you do not see appointments available online in your area, please contact your local pharmacy or doctor's office directly to see if they are offering influenza immunization or walk-ins.
 - Call Health Link at 811 if:
 - you need help booking one or multiple appointments for children and family members

- you do not have a provincial health care number
 - you live in a community where there are no other immunizing healthcare professionals providing influenza immunization
 - Influenza is serious and immunization works. [Book your flu shot today.](#)
- Get fully protected
 - It's safe to get your influenza and COVID-19 vaccines at the same time.
 - No community will be without the protection of immunization.
 - AHS is here to support you, your friends, family, colleagues and neighbors in getting immunized.
 - For more information, go to ahs.ca/vaccine and ahs.ca/influenza.