



MOHAWKS OF THE BAY OF QUINTE

KENHTEKE KANYEN'KEHÀ:KA

COMMUNITY WELLBEING CENTRE

50 Meadow Drive, Tyendinaga Mohawk Territory, ON K0K 1X0

November 23, 2022

Mohawks of the Bay of Quinte Community Health has been notified by Hastings Prince Edward Public Health that Influenza A has been detected in the community. This reinforces that the virus is circulating within our community. Public Health is predicting a difficult respiratory virus season as a result of lessened community immunity and out-of-date vaccination status. Influenza causes mild to severe illness and can lead to serious health complications, even in healthy children and adults.

Influenza A is a virus that causes the flu and is a highly contagious respiratory illness. If you contract Influenza A, you will need to rest at home to avoid infecting others. Vaccination can protect you from Influenza A, B and C.

Community Health continues to offer walk-in Influenza vaccination clinics for anyone 6 months of age and older. COVID-19 vaccines will also be available for anyone 12 and older at our clinics. The next walk-in clinics are scheduled from 9:30 to 11 a.m. on Thursday, November 24 and Tuesday, December 6 at the Community Wellbeing Centre. Vaccines are also available by appointment, but please note that times are limited until December. To book an appointment please call 613-967-3603 ext. 144 or visit mbq-tmt.org/health/covid-19-vaccines. The Influenza vaccine is also available at most pharmacies and family healthcare providers.

Respiratory Syncytial Virus (RSV) is another common virus that spreads throughout the fall and winter months. RSV is most common in babies and young children, and usually causes mild, cold-like symptoms. However RSV can cause serious lung infections that need to be treated at the hospital. The spread of these viruses can be minimized by wearing a mask and washing your hands often.

Community Health is recommending that community members wear their masks when outside of their home. They would also like to remind everyone to stay home when they are feeling unwell regardless of what illness you might be experiencing. If someone in your household is feeling unwell, please remember to wear a mask and monitor yourself for symptoms. Rapid Antigen Tests continue to be available at no cost on the health side of the Community Wellbeing Centre. They can be picked up between 9 a.m. and 4 p.m. Monday through Friday.