



Newsletter

October 2024



Health Tip:

Influenza

About influenza

Influenza, sometimes called the flu, is an infection of the nose, throat, and lungs that is caused by a virus. Influenza is a [respiratory illness](#).

The number of people who get sick with influenza is different year to year. On average each year, more than 12,000 people in Canada have to stay in a hospital because of influenza, and 3,500 people die from it.

Prevent the spread

To stop influenza from spreading:

- Get the influenza vaccine every year.
- Wash your hands with warm water and soap or use an alcohol-based hand sanitizer often.
- Cover your cough or sneeze into your arm or a tissue, not your hand.
- Stay home when you are sick.

Source: My Health Alberta

For more information visit: www.myhealth.alberta.ca or speak to your health care professional

For the site health awareness bulletin board, go to <https://myhealth.alberta.ca/Topic/Immunization/Pages/influenza.aspx#> and print each section from the website.

What's Happening at Vegreville Manor?

October 4th – National Taco Day!
Taco in a Bag Treat

October 8th – North Pointe Church Service

October 9th – United Church
Community Luncheon

October 10th – United Church Service

October 11th – Flu Clinic

October 14th – Thanksgiving Monday
No Activities

October 15th – Cards with Judy

October 17th – Resident Meeting

October 18th – Tony Mapa Music

October 24th – Jim Davis

October 25th – Personal Touch Fashions

October 31st – Halloween Party

Photo Gallery

HALLOWEEN WORD SEARCH

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