

NEWS RELEASE
Nov. 25, 2020

**FLU SHOT APPOINTMENTS
ARE AVAILABLE FROM
THE NFHT AT THE
NORTHUMBERLAND MALL**



Cobourg, ON: Flu shot appointments are available on Thursdays from 2-6pm at the clinic being held by the Northumberland Family Health Team in the lower level of the Northumberland Mall.

“We still have some appointment spots available this Thursday and the next few weeks,” says Adrienne Bell-Smith, Executive Director of the Northumberland Family Health Team. “Although, we do not have the High-Dose Serum (that had been recommended for seniors), we do have a good supply of the regular flu shot. Our medical community tells us that it is very important for as many people as possible to get vaccinated for influenza and that it is better to get the regular flu shot than no flu shot.”

NFHT has set-up a safe, physically-distanced space to administer flu shots and has added additional timeslots to help serve the public. Flu shots are given by registered nurses, with all safety precautions in place.

The NFHT Flu Shot Clinic is open to the public. To book an appointment call 289-252-2139. You can also email info@nfht.ca. There are still appointments available for Thursday, Nov. 26. The next dates are Dec. 3 and 10. For more information, see www.nfht.ca.

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Northumberland Family Health Team (NFHT) serves over 26,000 patients of over 20 local family doctors who work together with other health care professionals to co-ordinate the highest possible quality of care for their enrolled patients. Our affiliated medical clinics include Cobourg Clinic, Cobourg Health Centre and Cobourg Medical Centre.

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