



News Release: Free Flu Shots Now Available in Community Pharmacies

October 19, 2022 St. John's All residents of the province age five and older can now receive their flu shot in a community pharmacy for free. The Pharmacists' Association of Newfoundland and Labrador (PANL) is reminding everyone of the importance of getting vaccinated against influenza.

"The flu is a serious and contagious respiratory condition that can cause mild to severe illnesses and at times, could lead to death," said Janice Audeau, community pharmacist and PANL President. "The best way to prevent the flu is by getting a flu shot each year."

As the first cold and flu season without COVID-19 restrictions in place, the flu virus will circulate more widely this year. Health officials are also expecting a more severe season because people haven't been exposed to the flu over the last few years and don't have built up immunity.

"For the past two years we have had a number of measures in place to help curb the spread of COVID-19," noted Audeau. "These helped reduce the spread of germs including the flu virus. We don't want people to become complacent and think the flu has gone away. The flu virus is expected to be here this year and spread rapidly."

With more than 200 community pharmacies across the province, many open evenings and weekends, pharmacists are ideally situated to once again play a key role in the universal flu vaccination program. Last year, pharmacists administered over 76,000 flu shots to Newfoundlanders and Labradorians.

"Pharmacists play an important role in the delivery of health care services to residents of Newfoundland and Labrador, and this is another convenient and valuable service they can offer their patients," added Audeau.

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