

## Laval residents can start booking appointments for their seasonal flu shot

Laval, October 14, 2021 – Laval residents can now make an appointment to get vaccinated for the flu by visiting [clicsante.ca](https://clicsante.ca). Vaccination appointments, which will be available starting November 1, 2021, can be reserved right away.

### Some groups at greater risk of complications

“Many people are not aware of the severity of flu-related complications. This means they don't always see the point of getting vaccinated. However, people who are considered at risk are strongly encouraged to get the flu shot this fall. Vaccination is the safest way to protect against the flu and its complications. It can even save lives!” said Dr. Jean-Pierre Trépanier, Director of Public Health for the Laval region.

The groups who can get the flu shot for free this year include:

- Children aged 6 months to 17 years with chronic diseases.
- Adults with chronic diseases (including pregnant women regardless of the trimester).
- Healthy pregnant women in their 2nd and 3rd trimesters.
- People aged 75 or older.

To reduce the risk of transmission, the flu shot is also offered free of charge to:

- Relatives living in the same household as a child under 6 months of age or a person at high risk of hospitalization or death as well as their caregivers.
- Health care workers, particularly those who provide direct patient care.

It has also been announced that users at residential and long-term care centres (CHSLD) and intermediate and family-type resources (RI-RTF) as well as people living at private seniors' residences (PSR) can get their flu shot and COVID-19 booster shot at the same time. For the moment, these users and their loved ones do not have to make appointments for these vaccinations, which are scheduled to start at the above-mentioned facilities in late October 2021.

### Make an appointment at clicsante.ca

To make an appointment online:

- Go to [www.clicsante.ca](https://www.clicsante.ca)
- Select the “Flu Vaccine (Influenza)” service
- Enter your postal code and choose a site

You can book an appointment for you and your family members in one step. People without Internet access can call 450-256-1603 to make an appointment.

### New vaccination sites

Vaccinations are available **by appointment only** at the following four sites and clinics:

- **CLSC des Mille-Îles**  
775 Montrose Street, Laval, Quebec H7E 3M3
- **Place Sports Experts**  
4855 Louis-B.-Mayer Street, Laval, Quebec H7P 6C8
- **Le Quartier Laval**  
630 Le Corbusier Boulevard, Laval, Quebec H7N 0A9
- **Clinique-école de soins infirmiers du Collège Montmorency**  
475 Avenir Boulevard, Entrance 5.8, Laval, Quebec H7N 5H9

Remember that the flu shot only protects against strains of the flu virus. It does not protect against other respiratory infections, such as colds or COVID-19. Guidelines in place to protect against COVID-19, such as mask wearing and physical distancing, are also effective to prevent the spread of the flu virus. To learn more about the flu and its symptoms and for tips to treat this illness, visit <https://www.lavalensante.com/en/vaccingrippelaval/>.

**About the CISSS de Laval**

The CISSS de Laval is dedicated to learning, innovating and excelling in order to offer the population of Laval and the surrounding regions integrated, accessible and quality health and social services. Our human resources include over 10,000 employees and doctors at 32 facilities, including the Hôpital de la Cité-de-la-Santé, the Jewish Rehabilitation Hospital, the Centre de services ambulatoires de Laval, six CLSCs, five CHSLDs, the Centre de protection de l'enfance et de la jeunesse de Laval, the Centre de réadaptation en dépendance de Laval, and the Centre de réadaptation en déficience intellectuelle et en troubles envahissants du développement de Laval. The CISSS de Laval is also a research and teaching facility that is affiliated with Université de Montréal and McGill University.

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