



Internal Memo

Date: Wednesday, October 11, 2023

To: Everyone at HHS

From: Aaron Levo, VP, People, Culture & Communications
Leslie Gauthier, VP, Clinical Support Services & Surgery
Dr. Dominik Mertz, Medical Director, Infection Prevention
& Control

Subject: **Flu and COVID-19 vaccines available to everyone at HHS starting Oct. 16**

Flu and COVID-19 vaccinations will be available from [Employee Health Services](#) (EHS) beginning Monday, October 16. It is safe to get both a flu and a COVID vaccination at the same time, as one does not negatively impact the efficacy of the other.

According to our infectious disease experts, the 2023-2024 respiratory season will once again be challenging. Respiratory season often puts an extra burden on the healthcare system, so it is important that people do what they can to reduce their chances of getting the flu or COVID-19. Therefore, we are offering both, the new monovalent COVID-19 vaccine, as well as the influenza vaccine to all HHS employees, staff, and volunteers.

Stop the spread

Respiratory viruses such as the flu and COVID-19 can spread easily from person to person through respiratory particles and through contact with contaminated surfaces. What might be “just the flu” for some may be serious for others, like patients whose health is compromised due to illness.

The most common symptoms include: runny nose, sore throat, muscle pains, headache, coughing and feeling tired. Some people develop fevers as well, in particular with influenza and COVID-19 infections.

To decrease your chance of getting infected by respiratory viruses, follow these tips to stop the spread of germs:

- Get vaccinated.
- Always sneeze or cough into your elbow.
- Wash your hands often with soap and water.
- Avoid touching your face.
- Clean and disinfect common surfaces, like keyboards and phones.
- Follow the current employee health policy for when and when not to attend to work, and wear a mask at all times at work if any respiratory symptoms.

Flu Vaccinations

Flu vaccinations are available at the following locations (no appointment necessary) starting **October 16**:

MUMC EHS – Red Section, Level 1, Room 1F11: Monday to Friday, 7 a.m. to 3 p.m.

HGH EHS – 4 North, Room 415: Monday to Friday, 7 a.m. to 3 p.m.

JHCC EHS – Section A, Level 0, Room A0-60A: Monday to Friday, 7 a.m. to 3 p.m.

SPH EHS – Basement level: Monday to Friday 7 a.m. to 3 p.m.

WLMH EHS – Basement level: Mondays and Wednesdays, 7 a.m. to 3 p.m. (through November- 29, 2023)

Everyone interested in getting their flu vaccination must present their hospital identification.

If you receive your flu vaccination outside of EHS, be sure to ask for documentation to provide to EHS to complete your records.

COVID-19 Vaccinations

COVID-19 vaccinations will be available on a first-come, first-served basis from **October 16 to November 1:**

MUMC EHS – Red Section, Level 1, Room 1F11: Monday to Friday, 7 a.m. to 3 p.m.

HGH EHS – 4 North, Room 415: Monday to Friday, 7 a.m. to 3 p.m.

JHCC EHS – Section A, Level 0, Room A0-60A: Monday to Friday, 7 a.m. to 3 p.m.

SPH EHS – Basement level: Monday to Friday 7 a.m. to 3 p.m.

WLMH EHS – October 19: 2-4pm (additional dates to be added)

Everyone interested in getting their COVID vaccination must present their Ontario Health Card (OHIP card).

Both the flu and COVID-19 vaccinations will also be available to the general public beginning November 1 through primary care providers, including family doctors and nurse practitioners, along with public health units and participating neighbourhood pharmacies.

Resources

- Information about the flu and COVID-19 is available on the [Hamilton Public Health website](#).
- Information about [Return to Work practices](#) following a COVID-19 illness is available on the Hub.
- Information about current masking, PPE and clinical practice guidelines is available on the [COVID-19 Hub page](#).

Aaron, Leslie and Dominik
