



# Nuuchahnulth Tribal Council

## Hupiiimin Wiikshaiiy'ap – Nursing Services

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October 15<sup>th</sup>, 2024

Dear Community Members,

We want to inform you that today marks the official start of the 2024-2025 respiratory virus season. As we enter this critical time, it's important to take steps to protect ourselves and those around us from preventable illnesses.

The **influenza (flu) and covid-19 vaccines** are **free** to all First Nations people in British Columbia, and we encourage everyone to take advantage of this. Individuals **6 months of age and older** are eligible to receive both the **influenza (flu) and covid-19 vaccines** this season.

Our nursing team will be prioritizing the health of **Elders, individuals at risk**, and **small children**, who are particularly vulnerable to respiratory viruses. However, it's important to remember that all of us have loved ones and people in our lives who we want to protect from serious infections. Getting vaccinated is an important step in ensuring the well-being of our families and communities.

To find out if your community will be hosting a flu and covid-19 immunization clinic, we encourage you to connect with your **Nation** or your **Community Health Nurse** for details.

If you live in an **urban area**, you can access vaccination services at your local **public health unit**, your **doctor**, or your **pharmacist**. For those in the **Port Alberni, Tofino**, and **Gold River** areas, please refer to the pharmacy list provided on the **NTC website** for information on hours of operation, contact details, and how to book an appointment.

Thank you for taking the time to protect yourself, your family, and your community this season.

Sincerely,

Nuuchahnulth Tribal Council Health Department