



Eastern Health
Newfoundland & Labrador

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Flu Vaccine Clinics 2018-19

Eastern Health is offering the flu vaccine at various locations including community health offices across the region.

- Bonavista/Lethbridge
- Clarenville/Come By Chance
- Burin Peninsula
- Rural Avalon
- Southern Shore
- St. John's and surrounding areas

Seasonal influenza vaccine is now available at no cost to *any* member of the general public ages six months and older. The flu vaccine protects against four strains of the influenza virus, including H1N1.

It is recommended to get the flu vaccine in the fall or early winter to give your body time to build up immunity before 'the flu' begins to circulate.

Eastern Health encourages all individuals **six months of age and older** to get the flu vaccine, especially those who are at increased risk for complications from influenza, and those capable of transmitting influenza to individuals at high-risk.

Influenza high-risk groups include:

People at high risk of influenza-related complications or hospitalization:

- All pregnant women*.
- Adults and children with the following chronic health conditions:
 - cardiac or pulmonary disorders (including bronchopulmonary dysplasia, cystic fibrosis and asthma);
 - diabetes mellitus and other metabolic diseases;
 - cancer, immune compromising conditions (due to underlying disease, therapy or both);
 - renal disease;
 - anemia or hemoglobinopathy;
 - neurologic or neurodevelopment conditions**;
 - morbid obesity (body mass index [BMI] ≥ 40);
 - children and adolescents (age 6 months to 18 years) undergoing treatment for long periods with acetylsalicylic acid, because of the potential increase of Reye's syndrome associated with influenza.
- People of any age who are residents of nursing homes and other chronic care facilities.
- People ≥ 65 years of age.
- All children 6 to 59 months of age.
- Indigenous and Aboriginal peoples.

People capable of transmitting influenza to those at high risk:

- Health care and other care providers in facilities and community settings who, through their activities, are capable of transmitting influenza to those at high risk of influenza complications.
- Household contacts (adults and children) of individuals at high risk of influenza-related complications (whether or not the individual at high risk has been immunized):
 - household contacts of individuals at high risk, as listed in the section above;
 - household contacts of infants <6 months of age as these infants are at high risk of complications from influenza but cannot receive influenza vaccine;
 - members of a household expecting a newborn during the influenza season.
- Those providing regular child care to children ≤ 59 months of age, whether in or out of the home.
- Those who provide services within closed or relatively closed settings to persons at high risk (e.g., crew on a ship).

Others:

- People who provide essential community services.
- People in direct contact during culling operations with poultry infected with avian influenza.

* *The risk of influenza-related hospitalization increases with length of gestation, i.e., it is higher in the third than in the second trimester.*

** *These include neuromuscular, neurovascular, neurodegenerative, neurodevelopmental conditions and seizure disorders (and, for children, febrile seizures), but exclude migraines and neuropsychiatric conditions without neurological conditions.*

Things to consider

- Children between six months and nine years of age who are receiving the immunization for the first time will require two doses, at least four weeks apart.
- Mass influenza immunization clinics are offered annually by community health offices throughout the region.
- Pharmacists and family physicians also offer seasonal influenza immunizations on an individual basis.
- Please bring your MCP Card and wear a short-sleeved shirt.

Learn more about Influenza

- For more information, please visit [Influenza: What You Need to Know](#).

Flu Vaccine Schedule 2018-2019

The majority of Eastern Health's clinics are **walk-in**, while some require an **appointment**. For more information, please refer to the flu vaccine schedule below or call the flu clinic line:

- 709-752-7850 (St. John's and surrounding areas)
- 1-877-925-2100 (toll-free outside St. John's)

NOTE: The Flu Vaccine Schedule may be revised frequently, please check back for updates.

Bonavista/Lethbridge Area

Bonavista

| | | |
|--|-------------------|-----------------------------------|
| Bonavista Lion's Club | Tuesday, Oct. 23 | 10:00 a.m. – 6:00 p.m. Walk-in |
| | Tuesday, Nov. 6 | 10:00 a.m. – 6:00 p.m. Walk-in |
| | Thursday, Nov. 15 | 10:00 a.m. – 6:00 p.m. Walk-in |
| Community Health Office Chapel Hill | Tuesday, Dec. 4 | 10:00 a.m. – 3:00 p.m. Walk-in |

Lethbridge

| | | |
|--|--------------------|----------------------------------|
| Community Health Office 73 Forest Drive | Wednesday, Nov. 14 | 9:00 a.m. - 4:30 p.m. Walk-in |
| | Wednesday, Nov. 28 | 1:00 p.m. - 5:00 p.m. Walk-in |
| | Thursday, Dec. 6 | 1:00 p.m. - 5:00 p.m. Walk-in |

Musgravetown

| | | |
|------------------------|--------------------|-----------------------------------|
| Salvation Army Citadel | Wednesday, Oct. 24 | 11:00 a.m. – 7:00 p.m. Walk-in |
| | Thursday, Nov. 1 | 11:00 a.m. – 7:00 p.m. Walk-in |

Plate Cove East

| | | |
|----------------------------|------------------|-----------------------------------|
| Roman Catholic Parish Hall | Tuesday, Nov. 20 | 10:00 a.m. – 3:00 p.m. Walk-in |
|----------------------------|------------------|-----------------------------------|

Trinity Bay North

| | | |
|-------------------|------------------|-----------------------------------|
| Port Union Chalet | Tuesday, Oct. 30 | 11:00 p.m. - 7:00 p.m. Walk-in |
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Trinity

| | | |
|------------------------|-------------------|-----------------------|
| Trinity Medical Clinic | Thursday, Oct. 25 | 1:00 p.m. - 5:00 p.m. |
|------------------------|-------------------|-----------------------|

Clarenville/Come By Chance Area

Clarenville

Community Health Office
5 Coish Place

| | |
|-------------------|----------------------------------|
| Monday, Oct. 22 | 2:00 p.m. - 8:00 p.m. Walk-in |
| Thursday, Oct. 25 | 2:00 p.m. - 8:00 p.m. Walk-in |
| Monday, Oct. 29 | 2:00 p.m. - 8:00 p.m. Walk-in |
| Thursday, Nov. 1 | 2:00 p.m. - 8:00 p.m. Walk-in |
| Monday, Nov. 5 | 2:00 p.m. - 8:00 p.m. Walk-in |
| Thursday, Nov. 8 | 2:00 p.m. - 8:00 p.m. Walk-in |
| Thursday, Nov. 15 | 1:00 p.m. - 4:00 p.m. Walk-in |
| Thursday, Nov. 22 | 1:00 p.m. - 4:00 p.m. Walk-in |
| Thursday, Nov. 29 | 1:00 p.m. - 4:00 p.m. Walk-in |
| Thursday, Dec. 6 | 1:00 p.m. - 4:00 p.m. Walk-in |
| Thursday, Jan. 17 | 2:00 p.m. - 8:00 p.m. Walk-in |

Come By Chance

Community Health Office
Municipal Building

| | |
|--------------------|----------------------------------|
| Wednesday, Oct. 24 | 2:00 p.m. - 8:00 p.m. Walk-in |
| Wednesday, Oct. 31 | 2:00 p.m. - 8:00 p.m. Walk-in |
| Wednesday, Nov. 7 | 2:00 p.m. - 8:00 p.m. Walk-in |
| Wednesday, Nov. 21 | 1:00 p.m. - 4:00 p.m. Walk-in |
| Wednesday, Dec. 5 | 1:00 p.m. - 7:00 p.m. Walk-in |

Burin Peninsula Area

Grand Bank

Grand Bank Lion's Club
Main Street

| | |
|--------------------|-----------------------------------|
| Wednesday, Oct. 24 | 10:00 a.m. - 3:00 p.m. Walk-in |
| Tuesday, Oct. 30 | 1:00 p.m. - 7:00 p.m. Walk-in |

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| | Thursday, Nov. 8 | 1:00 p.m. - 7:00 p.m. Walk-in |
| Grand Bank Health Centre 832-1602 | Thursday, Nov. 22 | 1:00 p.m. - 4:00 p.m. Please call for an appointment |
| | Thursday, Dec. 6 | 1:00 p.m. - 4:00 p.m. Please call for an appointment |
| North of Marystown | | |
| Terrenceville Town Hall | Monday, Oct. 22 | 3:00 p.m. - 7:00 p.m. Walk-in |
| St. Anne's Academy South East Bight | Thursday, Oct. 25 | 11:00 a.m. - 3:00 p.m. Walk-in |
| St. Bernard's Community Centre | Monday, Oct. 29 | 3:00 p.m. - 7:00 p.m. Walk-in |
| Placentia West Medical Clinic (near Boat Harbour) 443-2100 | Friday, Nov. 2 | 1:00 p.m. - 4:00 p.m. Walk-in |
| | Tuesday, Nov. 20 | 1:00 p.m. - 4:00 p.m. Please call for an appointment |
| St. Lawrence | | |
| St. Lawrence Recreation Centre | Thursday, Nov. 1 | 1:00 p.m. - 7:00 p.m. Walk-in |
| | Wednesday, Nov. 7 | 1:00 p.m. - 7:00 p.m. Walk-in |
| U.S Memorial Health Centre 873-2880 | Thursday, Nov. 22 | 1:00 p.m. - 4:00 p.m. Please call for an appointment |
| | Wednesday, Dec. 5 | 1:00 p.m. - 4:00 p.m. Please call for an appointment |
| Marystown/Burin | | |
| St. Gabrielle's Hall | Tuesday, Oct. 23 | 10:00 a.m. - 7:00 p.m. Walk-in |
| | Monday, Nov. 5 | 10:00 a.m. - 7:00 p.m. Walk-in |
| Burin Senior's 50+ Club | Thursday, Oct. 25 | 10:00 a.m. - 7:00 p.m. Walk-in |
| Community Services Building Harris Industrial Drive 279-7900 | Friday, Nov. 9 | 1:00 p.m. - 4:00 p.m. Please call for an appointment |
| | Wednesday, Nov. 14 | 1:00 p.m. - 4:00 p.m. Please call for an appointment |
| | Wednesday, Nov. 21 | 1:00 p.m. - 4:00 p.m. Please call for an appointment |
| | Wednesday, Nov. 28 | 1:00 p.m. - 4:00 p.m. Please call for an appointment |
| | Tuesday, Dec. 4 | 1:00 p.m. - 4:00 p.m. Please call for an appointment |
| | Wednesday, Dec. 12 | 1:00 p.m. - 4:00 p.m. Please call for an appointment |

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Rural Avalon Area

Bay Roberts

| | | |
|--------------------------|--------------------|-----------------------------------|
| Bay Robert's Lion's Club | Monday, Oct. 22 | 11:00 a.m. - 6:00 p.m. Walk-in |
| | Wednesday, Oct. 24 | 11:00 a.m. - 6:00 p.m. Walk-in |
| | Tuesday, Oct. 30 | 11:00 a.m. - 6:00 p.m. Walk-in |
| | Thursday, Nov. 1 | 11:00 a.m. - 6:00 p.m. Walk-in |

Harbour Grace/Carbonear

| | | |
|---|--------------------|-----------------------------------|
| Knights of Columbus Adelaide Street, Carbonear | Tuesday, Oct. 23 | 10:00 a.m. - 6:00 p.m. Walk-in |
| | Wednesday, Oct. 24 | 10:00 a.m. - 6:00 p.m. Walk-in |
| | Sunday, Nov. 4 | 1:30 p.m. - 5:30 p.m. Walk-in |

Western Bay

| | | |
|----------------------------|-------------------|-----------------------------------|
| Western Bay Medical Clinic | Friday, Nov. 2 | 10:00 a.m. - 3:30 p.m. Walk-in |
| | Thursday, Nov. 15 | 10:00 a.m. - 3:30 p.m. Walk-in |

Mount Carmel

| | | |
|------------------------|----------------|-----------------------------------|
| Mount Carmel Town Hall | Monday, Nov. 5 | 11:00 a.m. - 3:30 p.m. Walk-in |
|------------------------|----------------|-----------------------------------|

Whitbourne

| | | |
|---|-------------------|---|
| Lion's Club Dildo | Thursday, Oct. 25 | 10:00 a.m. - 3:00 p.m. Walk-in |
| | Thursday, Nov. 15 | 2:00 p.m. - 7:30 p.m. Walk-in |
| Whitbourne Lion's Club | Thursday, Nov. 1 | 9:30 a.m. - 3:00 p.m. Walk-in |
| Community Centre, Norman's Cove | Thursday, Nov. 8 | 10:00 a.m. - 3:00 p.m. Walk-in |
| Community Services Building Whitbourne 759-3370 | Monday, Dec. 3 | 3:00 p.m. - 7:30 p.m. Please call for an appointment |

St. Bride's

| | | |
|-------------------------|-----------------|-----------------------------------|
| Branch Community Centre | Monday, Oct. 29 | 10:00 a.m. - 1:00 p.m. Walk-in |
| Community Health Office | Tuesday, Nov. 6 | 10:00 a.m. - 1:00 p.m. Walk-in |

Placentia

| | | |
|---|------------------|----------------------------------|
| Placentia Health Centre Multi-Purpose Room | Tuesday, Oct. 23 | 9:30 a.m. - 3:00 p.m. Walk-in |
| | Tuesday, Oct. 30 | 9:30 a.m. - 3:00 p.m. Walk-in |
| | Tuesday, Nov. 13 | 1:00 p.m. - 7:30 p.m. |

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| | | Walk-in |
| Placentia Community Health Office | Thursday, Nov. 29 | 3:30 p.m. - 7:30 p.m. Walk-in |
| Heart's Delight | | |
| Heart's Delight Town Hall | Wednesday, Nov. 14 | 10:00 a.m. - 4:00 p.m. Walk-in |
| Holyrood | | |
| Community Centre | Monday, Oct. 22 | 10:00 a.m. - 3:30 p.m. Walk-in |
| | Monday, Nov. 19 | 10:00 a.m. - 3:30 p.m. Walk-in |
| St. Mary's | | |
| St. Mary's Town Hall | Monday, Oct. 29 | 11:00 a.m. - 3:30 p.m. Walk-in |
| St. Mary's Health Centre 525-2980 | Tuesday, Dec. 11 | 10:30 a.m. - 3:30 p.m. Please call for an appointment |
| Old Perlican | | |
| John Hoskins Community Centre 587-2370 | Wednesday, Nov. 7 | 9:30 a.m. - 3:30 p.m. Walk-in |
| | Monday, Nov. 19 | 10:00 a.m. - 12:00 p.m. Please call for an appointment |
| | Monday, Nov. 26 | 10:00 a.m. - 12:00 p.m. Please call for an appointment |
| | Monday, Dec. 10 | 10:00 a.m. - 12:00 p.m. Please call for an appointment |
| | Monday, Dec. 17 | 10:00 a.m. - 12:00 p.m. Please call for an appointment |

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Southern Shore Area

Bay Bulls/Witless Bay

| | | |
|--|--------------------|----------------------------------|
| Regional Lifestyle Centre 48A Cemetery Lane West | Wednesday, Oct. 24 | 2:00 p.m. - 6:00 p.m. Walk-in |
| | Wednesday, Nov. 7 | 2:00 p.m. - 6:00 p.m. Walk-in |
| | Wednesday, Nov. 21 | 2:00 p.m. - 6:00 p.m. Walk-in |
| | Wednesday, Nov. 28 | 2:00 p.m. - 6:00 p.m. Walk-in |
| | Wednesday, Dec. 5 | 2:00 p.m. - 6:00 p.m. Walk-in |
| | Wednesday, Jan. 9 | 2:00 p.m. - 6:00 p.m. Walk-in |

Ferryland

| | | |
|-----------------------------------|-------------------|----------------------------------|
| Southern Shore Folk Arts Building | Thursday, Oct. 25 | 1:00 p.m. - 6:00 p.m. Walk-in |
| | Thursday, Nov. 1 | 1:00 p.m. - 6:00 p.m. |

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|-------------------------|--------------------|-----------------------------------|
| | | Walk-in |
| | Thursday, Nov. 15 | 1:00 p.m. - 4:00 p.m. Walk-in |
| Trepassey | | |
| Community Health Office | Wednesday, Nov. 7 | 9:00 a.m. - 12:00 p.m. Walk-in |
| | Wednesday, Nov. 21 | 9:00 a.m. - 12:00 p.m. Walk-in |

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St. John's and Surrounding Areas

Conception Bay South

| | | |
|--|-----------------|-----------------------------------|
| All Saints Parish Hall 419 Conception Bay Highway | Monday, Oct. 29 | 10:00 a.m. - 6:00 p.m. Walk-in |
| | Monday, Nov. 26 | 10:00 a.m. - 6:00 p.m. Walk-in |

Bell Island

| | | |
|---|------------------|----------------------------------|
| Community Health Services Dr. Walter Templeman Health Care Centre | Thursday, Nov. 1 | 1:00 p.m. - 6:00 p.m. Walk-in |
| | Thursday, Dec. 6 | 1:00 p.m. - 6:00 p.m. Walk-in |

Portugal Cove/St. Philip's

| | | |
|---|--------------------|-----------------------------------|
| St. Phillip's Recreation Centre 1119 Thorburn Road | Wednesday, Nov. 14 | 11:00 a.m. - 7:00 p.m. Walk-in |
| | Thursday, Dec. 13 | 11:00 a.m. - 7:00 p.m. Walk-in |

St. John's Area

| | | |
|---|--------------------|-----------------------------------|
| Avalon Mall 1st floor, near Lululemon | Wednesday, Oct. 24 | 10:00 a.m. - 6:00 p.m. Walk-in |
| | Thursday, Oct. 25 | 10:00 a.m. - 6:00 p.m. Walk-in |
| St. Mary the Virgin Church 1 Cornwall Crescent | Monday, Oct. 29 | 9:00 a.m. - 4:00 p.m. Walk-in |
| | Tuesday, Oct. 30 | 9:00 a.m. - 4:00 p.m. Walk-in |
| | Wednesday, Oct. 31 | 9:00 a.m. - 4:00 p.m. Walk-in |
| | Thursday, Nov. 1 | 9:00 a.m. - 4:00 p.m. Walk-in |
| | Friday, Nov. 2 | 9:00 a.m. - 4:00 p.m. Walk-in |
| | Saturday, Nov. 3 | 9:00 a.m. - 4:00 p.m. Walk-in |
| Hampton Inn & Suites 411 Stavanger Drive | Monday, Nov. 5 | 9:00 a.m. - 7:00 p.m. Walk-in |
| | Tuesday, Nov. 6 | 11:00 a.m. - 7:00 p.m. Walk-in |

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| | Wednesday, Nov. 7 | 9:00 a.m. - 4:00 p.m. Walk-in |
| | Thursday, Nov. 8 | 9:00 a.m. - 4:00 p.m. Walk-in |
| | Friday, Nov. 9 | 9:00 a.m. - 4:00 p.m. Walk-in |
| | Saturday, Nov. 17 | 10:00 a.m. - 4:00 p.m. Walk-in |
| | Tuesday, Dec. 4 | 11:00 a.m. - 7:00 p.m. Walk-in |
| St. John's Citadel 25 Adams Avenue | Friday, Oct. 26 | 9:00 a.m. - 4:00 p.m. Walk-in |
| | Thursday, Nov. 15 | 11:00 a.m. - 7:00 p.m. Walk-in |
| St. Pius X Parish Hall 10 Smithville Crescent | Monday, Oct. 22 | 9:00 a.m. - 4:00 p.m. Walk-in |
| | Tuesday, Oct. 23 | 10:00 a.m. - 6:00 p.m. Walk-in |
| | Tuesday, Oct. 30 | 11:00 a.m. - 7:00 p.m. Walk-in |
| | Wednesday, Nov. 28 | 11:00 a.m. - 7:00 p.m. Walk-in |
| | Wednesday, Dec. 5 | 11:00 a.m. - 7:00 p.m. Walk-in |
| | Saturday, Dec. 15 | 11:00 a.m. - 3:00 p.m. Walk-in |
| | Monday, Dec. 17 | 11:00 a.m. - 7:00 p.m. Walk-in |
| | Wednesday, Jan. 9 | 11:00 a.m. - 7:00 p.m. Walk-in |
| | Tuesday, Jan. 22 | 11:00 a.m. - 7:00 p.m. Walk-in |
| Health Sciences Centre 300 Prince Phillip Drive | Monday, Dec. 10 | 10:00 a.m. - 4:00 p.m. Walk-in |
| Memorial University Student Centre, 3rd Floor | Wednesday, Nov. 7 | 10:00 a.m. - 6:00 p.m. Walk-in |
| Goulds | | |
| St. Kevin's Parish Hall | Wednesday, Nov. 21 | 11:00 a.m. - 7:00 p.m. Walk-in |
| Mount Pearl | | |
| Church of the Good Shepherd 111 Richard Nolan Drive | Thursday, Nov. 1 | 11:00 a.m. - 7:00 p.m. Walk-in |
| | Saturday, Dec. 1 | 10:00 a.m. - 4:00 p.m. Walk-in |

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| | Saturday, Jan. 5 | 10:00 a.m. - 4:00 p.m. Walk-in |
| Mount Pearl Square 760 Topsail Road 752-4337 | Thursday, Nov. 29 | 4:30 p.m. - 8:00 p.m. Please call for an appointment |
| | Thursday, Dec. 6 | 4:30 p.m. - 8:00 p.m. Please call for an appointment |
| | Tuesday, Dec. 18 | 4:30 p.m. - 8:00 p.m. Please call for an appointment |
| | Wednesday, Dec. 19 | 4:30 p.m. - 8:30 p.m. Please call for an appointment |
| | Thursday, Jan. 17 | 4:30 p.m. - 8:00 p.m. Please call for an appointment |
| | Wednesday, Jan. 23 | 4:30 p.m. - 8:00 p.m. Please call for an appointment |

Paradise

| | | |
|---|--------------------|-----------------------------------|
| Paradise Double Ice Complex 1 Sarah Davis Drive | Thursday, Nov. 8 | 10:00 a.m. - 6:00 p.m. Walk-in |
| | Tuesday, Dec. 11 | 10:00 a.m. - 6:00 p.m. Walk-in |
| | Wednesday, Jan. 16 | 10:00 a.m. - 6:00 p.m. Walk-in |

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Updated Oct 23, 2018



Get a Flu Shot

Find a Flu Shot Clinic Near You

Check back often, or follow us on [Twitter](#), for new and additional 2018 flu shot clinics. Remember to bring your MCP to the clinic with you.

Appleton

November 13 | 2:00pm - 7:00pm | Appleton Town Hall

Badger

November 8 | 12:00pm-7:00pm | Town Hall

Badger's Quay

November 6 | 9:30am - 5:30pm | Badger's Quay Resource Centre
November 13 | 10:00am - 4:00pm | Badger's Quay Resource Centre

Baie Verte

November 1 | 10:00am-4:00pm | Bethany United Church
November 5 | 4:00pm-7:00pm | Bethany United Church

Belleoram

November 21 | 11:00am-3:30pm | Community Centre

Bishop's Falls

November 14 | 10:00am-5:00pm | Pentecostal Tabernacle
November 15 | 12:00pm-7:00pm | Pentecostal Tabernacle

Botwood

November 6 | 10:00am-5:00pm | St. John the Baptist Church
November 7 | 10:00am-5:00pm | St. John the Baptist Church
November 28 | 10:00am-5:00pm | St. John the Baptist Church
November 29 | 10:00am-5:00pm | St. John the Baptist Church

Buchans

November 7 | 8:00am-4:30pm | A.M. Guy Memorial Health Centre
November 9 | 8:00am-4:30pm | A.M. Guy Memorial Health Centre

Campbellton

November 26 | 10:00am-2:00pm | Town Hall

Carmanville

November 15 | 10:00am - 4:00pm | Carmanville Recreation Centre

Centreville-Wareham-Trinity

November 21 | 9:30am - 4:30pm | 50+ Club, Wareham

Change Islands

November 14 | 9:00am- 3:00pm | Change Islands Community Health Centre

Cottrell's Cove

November 13 | 11:00am-3:00pm | Cottrell's Cove Academy

Dover

November 8 | 1:00pm - 5:00-pm | Dover Recreation, Town Hall
November 20 | 1:00pm - 3:30pm | Hare Bay Salvation Army Hall

Eastport

October 30 | 10:00am - 5:00pm | SUF Hall
November 13 | 1:00pm - 4:00pm | SUF Hall

Fogo

November 5 | tbd | Fogo Island Health Centre
November 6 | tbd | Fogo Island Health Centre



November 21 | 1:00pm - 3:30pm | Dr. Brian Adams Memorial Community Health Centre
 November 28 | 1:00pm - 3:30pm | Dr. Brian Adams Memorial Community Health Centre

Gander

November 1 | 10:00am-7:00pm | Steele Community Centre
 November 2 | 10:00am-7:00pm | Steele Community Centre
 November 7 | 10:00am-7:00pm | Steele Community Centre
 November 8 | 10:00am-7:00pm | Steele Community Centre
 November 14 | 10:00am-7:00pm | Steele Community Centre
 November 20 | 10:00am-7:00pm | Steele Community Centre
 November 28 | 10:00am-7:00pm | Steele Community Centre
 December 8 | 10:00am-7:00pm | Steele Community Centre
 December 12 | 10:00am-7:00pm | Steele Community Centre
 December 18 | 10:00am-7:00pm | Steele Community Centre

Gander Bay

November 15 | 9:00am - 4:00pm | Fire Hall
 November 21 | 1:00pm - 4:00pm | Victoria Cove Community Health Centre

Gaultois

November 20 | 11:30am-3:00pm | Community Health Centre

Glovertown

November 1 | 9:30am - 5:30pm | Pentecostal Church Hall
 November 15 | 1:00pm - 3:30pm | Dr. C.V. Smith Community Health Centre
 November 22 | 1:00pm - 3:30pm | Dr. C.V. Smith Community Health Centre
 November 29 | 1:00pm - 3:30pm | Dr. C.V. Smith Community Health Centre

Grand Falls-Windsor

November 2 | 10:00am-7:00pm | St. Josephs Parish Centre
 November 6 | 10:00am-7:00pm | St. Josephs Parish Centre
 November 13 | 10:00am-7:00pm | St. Josephs Parish Centre
 November 22 | 10:00am-7:00pm | St. Josephs Parish Centre
 November 29 | 10:00am-7:00pm | St. Josephs Parish Centre
 December 4 | 10:00am-7:00pm | St. Josephs Parish Centre

Harbour Breton

November 6 | 10:00am-4:00pm | Harbour Breton Lions Club
 November 14 | 10:00am-4:00pm | Harbour Breton Lions Club
 November 27 | 5:30pm - 7:00pm | Harbour Breton Lions Club

Hare Bay

November 5 | 1:00pm - 5:00pm | Salvation Army Hall
 November 20 | 1:00pm - 3:30pm | Salvation Army Hall

Harry's Harbour

November 20 | 10:00am -12:00pm | Salvation Army Church

Hermitage and Seal Cove

November 7 | 10:30 am - 3:30pm | Hermitage Lions Club

King's Point

November 20 | 1:30pm-4:30pm | Town Hall

La Scie

November 2 | 10:30am-4:00pm | Kinsman Club
 November 15 | 4:00pm-6:00pm | Kinsman Club

Leading Ticks

November 19 | 11:00am-3:00pm | Island Side Manor

Lewisporte

November 1 | 12:00pm-7:00pm | Salvation Army Church
 November 2 | 9:00am-4:00pm | Salvation Army Church
 November 22 | 12:00pm-7:00pm | Salvation Army Church
 November 23 | 9:00am-4:00pm | Salvation Army Church

Little Bay Islands

November 26 | 2:30pm-4:30pm | Council Office

Long Island



October 23 | 10:00am - 5:00pm | Community Health Centre

Middle Arm

November 13 | 2:00pm-4:00pm |Town Hall

Milltown

November 8 | 11:00am-4:00pm | Milltown Lions Club

Mose Ambrose

November 28 | 11:00am-3:00pm | Mose Ambrose Community Health Centre

Musgrave Harbour

November 8 | 10:00am - 4:00pm | Musgrave Harbour Community Centre

Pacquet

November 13 |10:30am-12:00pm | Town Hall

Point Leamington

November 20 | 10:00am-4:00pm |Salvation Army Church

Pools Cove

October 29 | 11:00am-3:30pm | Recreation Centre

Rencontre

November 1 | 10:30am-2:30pm | Community Health Centre

Robert's Arm

November 8 | 9:30am- 4:00pm | Community Centre

November 19 | 3:30pm-7:30pm | Community Centre

Springdale

October 29 | 9:00am-4:00pm | United Church

October 30 | 9:00am-4:00pm | United Church

November 22 |6:00pm-8:00pm | Valley Vista Recreation Centre

November 28 | 6:00pm-8:00pm | College Building

South Brook

November 6 | 11:00am-4:00pm | Pentecostal Church

St. Alban's

November 15 | 11:00am-4:00pm | St. Alban's Lions Club

November 22 | 1:00pm-4:00pm | St. Alban's Lions Club

Summerford

November 7 | 9:00am – 4:00pm | Summerford Town Hall

November 8 | 9:00am – 4:00pm | Summerford Town Hall

November 20 | 1:00pm - 4:00pm | New World Island Community Health Centre

Triton

November 7 | 9:30am-4:00pm | Municipal Building

Twillingate

November 1 | 9:00am – 4:00pm| United Church

November 2 | 9:00am – 4:00pm| United Church

Don't forget to bring your MCP with you. If you have any questions or need further information please contact your local Public Health Nurse.

Contact us

- [Executive Members](#)
- [Telephone Directory](#)
- [Corporate Communications](#)
- [Human Resources](#)



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- [Looking for a Nurse Practitioner Placement?](#)
 - [Questions or concerns regarding this website](#)

Western Health Influenza Vaccination Schedule 2018-19

| Community | Location | Date | Time | Contact # | Walk in/ Appointment |
|----------------------|--|-------------|------------------------------|----------------------------|---------------------------------|
| Benoit's Cove | Community Hall Community Health Office | October 30 | 9:00 - 4:00 | 632-2830 | Walk in |
| | | November 1 | 5:30 - 8:30 | | |
| Burgeo | Calder Health Care Centre | October 23 | 11:00 - 4:00 | 886-3360 | Walk in |
| | | October 24 | 1:00 - 4:00 | | |
| | | October 25 | 11:00 - 4:00 | | |
| Burnt Islands | Town Hall | October 23 | 1:30 - 6:00 | 695-6250 | Walk in |
| Reefs Harbour Branch | Happy Gang Building | November 2 | 10:30 - 3:30 | 861-9126 ext. 6 | Walk in |
| Corner Brook | Corner Brook Plaza (former Sears site) | October 22 | 10:00 - 4:00 | 632-2830 | Walk in |
| | | October 23 | 10:00 - 4:00 | | |
| | | October 24 | 12:00 - 8:00 | | |
| | | October 25 | 12:00 - 8:00 | | |
| | | October 26 | 10:00 - 4:00 | | |
| | | October 29 | 10:00 - 4:00 | | |
| | | October 30 | 10:00 - 4:00 | | |
| | | October 31 | 10:00 - 4:00 | | |
| | | November 1 | 12:00 - 8:00 | | |
| | | November 2 | 10:00 - 4:00 | | |
| | | November 5 | 10:00 - 4:00 | | |
| | | November 6 | 10:00 - 4:00 | | |
| | | November 7 | 12:00 - 8:00 | | |
| | | November 8 | 12:00 - 8:00 | | |
| November 9 | 10:00 - 4:00 | | | | |
| Cow Head | Cow Head Medical Clinic (downstairs) | October 23 | 10:00 - 3:00 | 243-2129 | Walk in |
| | Cow Head Medical Clinic (upstairs) | October 30 | 2:00 - 6:00 | | |
| Cox's Cove | Town Hall | October 29 | 12:00 - 3:00 | 783-2123 | Walk in |
| Daniels Harbour | Daniels Harbour Medical Clinic | October 22 | 10:30 - 6:00 | 861-9126 ext. 6 | Walk in |
| Deer Lake | Salvation Army Hall | October 22 | 2:00 - 8:00 | 635-7830 or 635-7831 | Walk in |
| | | October 30 | 2:00 - 8:00 | | |
| | | November 7 | 2:00 - 8:00 | | |
| | Community Health Office | November 8 | 9:00 - 12:00 | | |
| | | November 8 | 1:00 - 4:00 | | |
| November 9 | 9:00 - 12:00 | | | | |
| Degrau | Degrau Medical Clinic | October 24 | 9:00 - 12:00 12:30 - 4:00 | 644-2660 | Appointment |
| Hampden | Hampden Medical Clinic | October 25 | 10:00 - 12:00 1:00 - 3:00 | 455-3333 | Walk in |
| Howley | Howley Town Hall | October 31 | 10:00 - 12:00 | 635-7832 | Walk in |
| Isle Aux Morts | Good Samaritan Seniors Club | October 24 | 9:00 - 11:30 | 695-6250 | Walk in |
| Jackson's Arm | Jackson Arm Medical Clinic | November 1 | 12:30 - 3:00 | 459-3231 | Walk in |
| Jeffrey's | Jeffrey's Medical Clinic | October 23 | 9:00 - 4:00 | 645-2200 | Appointment |
| | | November 2 | 9:00 - 12:00 | | Walk in |
| Lark Harbour | Town Hall Community Health Office | October 23 | 10:00 - 3:30 | 632-2830 | Walk in |
| Lourdes | Lourdes Medical Clinic | October 23 | 9:00 - 12:00 12:30 - 4:00 | 642-5371 | Appointment |
| Meadows | Community Hall Community Health Office | October 22 | 9:00 - 4:00 | 783-2123 | Walk in |
| | | October 29 | 5:30 - 8:30 | | |
| | | October 30 | 9:00 - 4:00 | | |
| Norris Point | Norris Point Community Hall Bonne Bay Health Centre | October 24 | 1:00 - 7:00 | 458-2381 ext. 260 | Walk in |
| | | October 26 | 1:00 - 4:00 | | |
| | | November 5 | 1:00-4:00 | | |
| Parsons Pond | Parsons Pond Community Hall | October 25 | 11:00 - 3:00 | 243-2129 | Walk in |

| Community | Location | Date | Time | Contact # | Walk in/ Appointment |
|---------------------------|--|--|--|----------------------------|---------------------------------|
| Pasadena | Pasadena Place Community Health Office | October 23 October 29 November 2 November 6 November 9 | 2:00 - 8:00 2:00 - 8:00 1:00 - 4:00 9:00 - 12:00 1:00 - 4:00 | 686-5052 | Walk in |
| Piccadilly | Piccadilly Clinic | October 25 November 1 | 9:00 - 12:00 1:00 - 4:00 9:00 - 12:00 1:00 - 4:00 | 642-5463 | Walk in Walk in |
| Pollards Point | Pollard Point Medical Clinic | October 26 | 10:30 - 12:30 1:00 - 3:00 | 482-2068 | Walk in |
| Port Aux Choix | Lions Club | October 30 | 11:00 - 8:00 | 861-9126 ext. 6 | Walk in |
| Port Aux Basques | Lions Club Bruce II | October 22 October 23 October 24 October 25 October 26 October 29 October 30 October 31 November 1 November 2 | 1:00 - 7:00 9:00 - 12:00 1:00 - 4:00 1:00 - 8:00 9:00 - 12:00 9:00 - 12:00 1:00 - 7:00 11:30 - 4:00 9:00 - 1:00 1:00 - 4:00 | 695-6250 | Walk in |
| Port Saunders | Rufus Guinard Health Center | October 23 November 6 | 11:00 - 8:00 9:00 - 4:00 | 861-9126 ext. 6 | Walk in |
| Rocky Harbour | Rocky Harbour Town Hall | October 29 | 1:00 - 7:00 | 458-2381 ext. 260 | Walk in |
| St. Georges | St. George's Medical Clinic | October 26 | 9:00 - 12:00 1:00 - 3:30 | 647-3851 | Walk in |
| Stephenville/ Kippen's | Lions Club Kippens Community Centre Community Cafe | October 22 October 29 November 6 October 26 November 13 November 8 | 9:00 - 4:00 10:00 - 4:00 3:00 - 6:00 9:00 - 4:00 3:00 - 6:00 11:00 - 1:00 | 643-8700 or 643-8701 | Walk in |
| Stephenville Crossing | Assumption Parish Annex | October 25 October 29 November 1 | 9:00 - 12:00 1:00 - 3:30 1:00 - 3:30 1:00 - 3:30 | | Walk in Appointment |
| Trout River | Trout River Medical Clinic | October 22 October 29 | 10:00 - 1:00 3:30-6:30 | 453-2401 | Walk in |
| Woody Point | Woody Point Medical Clinic | October 26 October 30 | 10:00 - 1:00 3:30 - 6:30 | 453-2401 | Walk in |

Please call your local Community Health office for information about how you can receive your influenza vaccination after the scheduled clinic times above have passed.