

# The Record e-edition

There for you  
24-hours-a-day  
7-days-a-week.  
Wherever you are.

Access the full edition of the *Sherbrooke Record* as well as special editions and 30 days of archives.

Renew or order a new 12-month print subscription and get a 12-month online subscription for an additional \$5 or purchase the online edition only for \$125.00.

Record subscription rates (includes Quebec taxes)

For print subscription rates, please call 819-569-9528 or email us at [billing@sherbrookerecord.com](mailto:billing@sherbrookerecord.com)

12 month web only: \$125.00  
1 month web only: \$11.25

Web subscribers have access to the daily *Record* as well as archives and special editions.

Subscribing is as easy as 1,2,3:

1. Visit the *Record* website: [www.sherbrookerecord.com](http://www.sherbrookerecord.com)
2. Click e-edition.
3. Complete the form and wait for an email activating your online subscription.

## Weather



TODAY:  
CLOUDY

HIGH OF 2  
LOW OF -1



TUESDAY:  
CLOUDY

HIGH OF 7  
LOW OF 0



WEDNESDAY:  
CLOUDY

HIGH OF 5  
LOW OF 0



THURSDAY:  
MIX OF SUN  
AND CLOUDS

HIGH OF 0  
LOW OF -9



FRIDAY:  
SUNNY

HIGH OF -4  
LOW OF -11

# Potton residents prepare for flu season!



## THE SCOOP

### MABLE HASTINGS

It is flu season and the CIUSSSE Estrie-CHUS Mansonville clinic saw a steady flow of patients coming in for their annual flu shot. On Thursday, November 21 some 400 people passed through the clinic as four nurses gave the injection to patients who are hoping to either keep the flu at bay this year or at the very least, ease the severity, symptoms and duration. Volunteers helped to assure that those waiting for the shot were prepared, that those who had the shot waited the fifteen minutes required to assure there was no reaction and that the flow although congested, was organised and steady.

"This was amazingly efficient," said Bruce Garside who came with a friend to get his shot. "It is nice to be able to have it done in Mansonville and I sure hope they don't take the service away," he added.

Influenza vaccines, also known as flu shots or flu jabs, are vaccines that protect against infection by influenza viruses. New versions of the vaccines are developed twice a year, as the influenza virus rapidly changes.

Getting your flu shot is the most effective way to protect you against the flu and flu-related complications. The flu shot is safe. It is important to note that, severe reactions are very rare, you can't get the flu from the flu shot, most people have no side effects from the flu shot. 2019-2020 flu vaccine will protect you against: Influenza A (H1N1), Influenza A (H3N2), Influenza B.

For the many who came out on a beautiful sunny Thursday, the sentiment was the same. Having the service locally encouraged many to take advantage.

"It was convenient, quick and well done," said Barbara Koch.

Last Thursday, November 14, CIUSSSE

Estrie-CHUS nurses; Christina Deslandes and Karine Cadorette (pictured here) gave the flu shot at the Ken Jones Centre, a respite program for persons who are intellectually or physically challenged. This has become an annual event and the clients and staff appreciates the service being brought to the clients assuring that those who wish to have the shot can do so with ease and in the company of friends and in the comfort of a place that is familiar to them. Surely, as the busy day came to an end, those involved in making it a success rested in the knowledge that Potton seniors received the boost needed to face yet another flu season.



PHOTO: COURTESY

## Ben by Daniel Shelton

