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## 81% Now Use Winter Tires

Atlantic Canada drivers are using winter tires in unprecedented numbers, according to a new survey from the Tire and Rubber Association of Canada (TRAC).

The Leger survey found

that 81 per cent of drivers in the region are now using winter tires. TRAC commissioned an identical Leger poll in 2014, which found that, at that time, 73 per cent of Atlantic Canada drivers were



riding on winter tires.

The eight per cent uptick means more drivers than ever get the message winter tires are by far the safest choice for winter driving. It also means that Atlantic Canada's roadways are safer during winter. While this is great news, the fact that 17 per cent of drivers in the province are still not on winter tires - despite their potentially life-saving benefits - poses a threat to all motorists.

Atlantic Canada findings: Among those not using winter tires, 19 per cent believe all-seasons are "good enough"

to meet the rigours of Atlantic Canada's winters; 5 per cent say cost is their reason for not using winter tires and 40 per cent say they do not use winter tires because they do not drive much in winter

Today's high-tech winter tires dramatically improve traction and braking capabilities in all cold-weather driving conditions. The superior grip of today's winter tires is the result of advances in tread design and rubber compounds that retain elasticity - and stopping power - even at extremely cold temperatures.

## Get Your Flu Shot Early

Seasonal flu vaccine is now available from most pharmacies, family doctors, family practice nurses and nurse practitioners. Many workplaces also offer flu vaccination clinics for employees. Families with children under the age of five who do not have a health-care provider can arrange their vaccination through the local Public Health office.

"I encourage all Nova Scotians to get the flu shot," said Health and Wellness Minister Leo Glavine. "Vaccination is a simple, safe and effective way to prevent getting or spreading the flu."

It can take several weeks to build up full immunity against the flu virus. Nova Scotians are encouraged to get their flu shots early, so they can be protected sooner. High-risk groups strongly encouraged to get a flu shot include: seniors; children six months to five years of age; pregnant women; anyone with a chronic medical condition; persons with neurological conditions; and anyone

who lives with, or cares for, a person at high risk.

Flu symptoms often include a sudden high fever, headache, general aches and pains, fatigue and weakness, a runny, stuffy nose, sneezing and sore throat. It can lead to more severe illness such as pneumonia or even death. For more information on the flu, visit <http://novascotia.ca/flu>



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