

**NEWS RELEASE**  
FOR IMMEDIATE RELEASE  
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### **Seasonal flu clinic scheduled, plans for H1N1 vaccine underway**

**(Lawrence, KS)** – The Lawrence-Douglas County Health Department is planning one, Lawrence-wide seasonal flu clinic this year. While the 2009 H1N1 influenza virus has been the focus of attention since spring, it's important not to forget the risks posed by seasonal influenza viruses and the need to get vaccinated.

The clinic will be from 10 a.m. to 2 p.m. Saturday, Sept. 12 at the Community Health Facility, 200 Maine St. in Lawrence. The seasonal flu shot, as well as the pneumococcal vaccine will be available.

#### **New recommendations for pneumococcal vaccine:**

In addition to adults 65 and older and people with chronic health conditions (such as those with chronic liver disease, cardiovascular disease, kidney failure diabetes or other compromised immunity), adults 19 and older who smoke or have asthma are also recommended to get the pneumococcal vaccine for the 2009-2010 flu season.

The Centers for Disease Control and Prevention recommend that anyone who wants to reduce their risk of contracting seasonal flu should be immunized. Because seasonal flu viruses are different strains than H1N1 influenza, people should receive both vaccinations.

The H1N1 vaccine will not be available at the Sept. 12 clinic. Planning is underway for the H1N1 vaccine to be distributed in October.

Seasonal flu clinics in outlying Douglas County communities are also planned; more information will be released as it becomes available.

#### **What are the costs of the seasonal flu and pneumococcal shots?**

The seasonal influenza vaccine is \$22 for children 6 months to 35 months and \$26 for people 3 years and older. The pneumococcal vaccine is \$51. Clients eligible for Medicare Part-B, Medicaid, HealthWave and Blue Cross/Blue Shield, (who bring their cards to the clinic) will have their insurance billed.

**Good health habits are also an important way to prevent both the seasonal and H1N1 flu:**

- *Wash your hands.*  
Washing your hands often will help protect you from germs.
- *Cover coughs or sneezes.*  
Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.
- *Stay home if you are sick.*  
Stay home from work, school and errands when you are sick. You will help prevent others from catching your illness.
- *Avoid close contact.*  
Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.
- *Avoid touching your eyes, nose or mouth.*  
Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose or mouth.

For more information on the flu, go to the Health Department's Web site at [www.lcchealth.org](http://www.lcchealth.org).