

NEWS RELEASE
FOR IMMEDIATE RELEASE
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2010 influenza clinics scheduled; special drive-through clinic planned

(Lawrence, KS) – In addition to offering seasonal flu vaccine on a walk-in basis through its regular clinic, the Lawrence-Douglas County Health Department has set the dates for this year's flu vaccine clinics in outlying communities. A special drive-through flu shot clinic in Lawrence is also scheduled.

The drive-through clinic will serve as a public health emergency training exercise for agency staff, the Douglas County Medical Reserve Corps and other volunteers. Flu vaccine will be provided to the public at no charge for their participation in the exercise. The drive-through clinic will be held from 9 to 10:30 a.m. Saturday, Oct. 16 at the Park and Ride lots at the corner of 23rd and Iowa streets.

This year, the Centers for Disease Control and Prevention (CDC) recommends that everyone ages 6 months and older receive the flu vaccine. A flu shot not only protects you, but those around you, especially those people who can't receive the vaccine – such as infants less than six months of age.

This year's vaccination will include protection against H1N1, a new influenza virus that emerged last year. Because the flu shot is made of inactivated virus strains, your body can develop an immune response to the illness, but will not develop influenza.

Clients are encouraged to fill out a flu vaccine consent form prior to their visit. This is especially recommended if they choose to attend the Oct. 16 drive-through flu clinic. Forms are available at the Health Department's website at www.ldchealth.org.

The dates are:

- **Lecompton-** Wednesday, Oct. 6, 9:30 to 11 a.m., Lecompton United Methodist Church, 402 Elmore, Lecompton.
- **Eudora-** Monday, Oct. 11, 3 to 6 p.m. (as part of community health fair), Eudora Middle School, 2635 Church St., Eudora.
- **L.I.N.K. (Lawrence Interdenominational Nutrition Kitchen)-** Tuesday, Oct. 12, Noon to 1 p.m., 221 W. 10th St., Lawrence.

- **Baldwin City**- Wednesday, Oct. 20, 9:30 to 11 a.m., Baldwin Senior Center, 1221 Indiana, Baldwin City.

What are the costs of the flu and pneumococcal shots?

The influenza vaccine is \$22 for children 6 months to 35 months and \$26 for people 3 years and older. The pneumococcal vaccine is \$51 and is available at the Health Department and will be available at the Lecompton, Eudora and Baldwin City clinics. 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 influenza:

- *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, visit www.ldchealth.org.