

NEWS RELEASE
FOR IMMEDIATE RELEASE
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2011 Health Department community flu clinics announced

(Lawrence, KS) – The Lawrence-Douglas County Health Department will offer the flu vaccine at several community clinics scheduled in Lawrence, Lecompton, Eudora and Baldwin City this season.

Getting the annual flu vaccination is the most effective way to avoid the illness. Flu season typically peaks in January and February, with the vaccine taking about two weeks to become effective.

More than 30,000 people die each year from seasonal influenza complications and more than 200,000 people are hospitalized. The Centers for Disease Control and Prevention recommend that everyone ages 6 months and older get vaccinated to protect themselves and those around them.

Where and when can I get my flu vaccination?

- **LINK- Oct. 11, noon to 1 p.m.**, First Christian Church, 1000 Kentucky St., Lawrence.
- **Eudora- Oct. 12, 3:30 to 6 p.m.**, Eudora High School, 2203 Church St., Eudora.
- **Baldwin City- Oct. 14, 3 to 6 p.m.**, Baldwin Elementary School-Primary Center, community room, 500 Lawrence St., Baldwin City.
- **Lecompton- Oct. 18, 9:30 to 11 a.m.**, Lecompton United Methodist Church, 402 Elmore St., Lecompton.
- **Stull- Oct. 18, 4 to 6 p.m.**, Stull United Methodist Church, 251 N. 1600 Road, Stull.

The Health Department provides the injectable flu vaccine only through its regular clinic and community clinics. For clients' convenience, vaccine consent forms can be downloaded and filled out ahead of time. Forms and other flu information are available at www.ldchealth.org/flu.

What is the cost?

The flu immunization is \$23 for children 6 months to 35 months and \$28 for people 3 years and older. Clients eligible for Medicare Part-B, HealthWave,

Medicaid and Blue Cross/Blue Shield can receive the flu shot at no charge if they bring their card at the time of vaccination.

Good health habits are also an important way to prevent the 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.*
If possible, 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.