

NEWS RELEASE
FOR IMMEDIATE RELEASE
Dec. 2, 2010

Contact: Lisa V. Horn
Communications Coordinator
Office: (785) 856-7362

Flu clinic planned for National Influenza Vaccination Week

(Lawrence, KS) – Dec. 5-11 is National Influenza Vaccination Week. To bring awareness to the importance of flu prevention, the Lawrence-Douglas County Health Department will hold an influenza vaccination clinic at the Lawrence Public Library from 5:30 to 7 p.m. Tuesday, Dec. 7. The library is located at 707 Vermont St. in Lawrence.

As an extra incentive, free indoor aquatic center passes from Lawrence Parks and Recreation, will be given to children ages 5-17 who are vaccinated at the clinic.

This year, the CDC recommends that everyone ages 6 months and older receive a flu shot. To expedite their visit, clients are encouraged to fill out a flu vaccine consent form prior to their visit. Go to www.ldchealth.org for forms.

How much is the flu shot?

Flu vaccine is \$22 for children 6 months to 35 months and \$26 for people 3 years and older. 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.*
- *Cover coughs or sneezes.*
- *Stay home if you are sick.*
- *Avoid close contact.*
- *Avoid touching your eyes, nose or mouth.*