

**NEWS RELEASE**  
FOR IMMEDIATE RELEASE  
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**Contact:** Lisa V. Horn  
Communications Coordinator  
Office: (785) 843-3060

## **2008 Health Department community flu clinics announced**

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

Getting the annual vaccination is the most effective way to avoid getting the flu. The department recommends not waiting until the flu is here, but to get immunized as soon as possible. Flu season typically peaks in January and February, with the shot taking about two weeks to become effective.

“We want to encourage people to come to our community flu clinics as they are a quick and easy way to get vaccinated,” said DeeAnne Schoenfeld, Immunization Charge Nurse. “We have plenty of staff to make the visit as painless as possible with minimal waiting.”

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 all children ages 6 months to 18 years get vaccinated and any others who want to lessen their chance of getting the flu.

### **Where and when can I get a flu shot?**

- Saturday, Oct 18, 10 a.m. – 1 p.m.  
Mustard Seed Church, 700 Wakarusa Drive, Lawrence.
- Monday, Oct 20, 9:30 a.m. – 11 a.m.  
Eudora City Hall, 4 E. Seventh St., Eudora.
- Tuesday, Oct 21, 4 p.m. – 7 p.m.  
Douglas County Fairgrounds – Bldg. 21, 2120 Harper St., Lawrence.
- Wednesday, Oct 22, 9:30 a.m. – 11 a.m.  
Baldwin Senior Center, 1221 Indiana, Baldwin City.
- Thursday, Oct 23, 9:30 a.m. – 11 a.m.  
Lecompton United Methodist Church, 402 Elmore, Lecompton.

- Tuesday, Oct 28, 3 p.m. – 6 p.m.  
Holcom Community Center, 2700 W. 27th St., Lawrence.

The Health Department will begin offering flu shots on a walk-in basis beginning Monday, Nov. 3. To see clinic hours, go to [ldchealth.org](http://ldchealth.org) and click on “General Info” or call (785) 843-0721.

### **What is the cost for the flu shot?**

The flu shot is \$20 for children 6 months to 35 months and \$25 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 to a clinic.

### **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.