

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

**It's not too late to vaccinate –
Dec. 8-14 is National Influenza Vaccination Week**

(Lawrence, KS) – This week, Dec. 8-14, is National Influenza Vaccination Week and the Lawrence-Douglas County Health Department reminds the public that it's not too late to get immunized.

Getting a flu shot now is the best way to protect you and your loved ones from seasonal influenza, which typically peaks in January and February.

The flu shot is \$20 for children 6 months to 35 months and \$25 for people 3 years and older. Medicare Part-B, HealthWave, Medicaid and Blue Cross/Blue Shield clients will have their insurance billed if they bring their card to the Health Department. Clinic hours can be obtained from the Health Department's Web site at www.ldchealth.org or by calling (785) 843-0721.

The Centers for Disease Control and Prevention recommend that all children ages 6 months through 18 years get vaccinated. Anyone who wants to reduce his or her risk of getting the flu or passing it on to others also should be immunized.

The flu, which can cause symptoms such as fever, headache, cough, weakness and muscle aches, can easily spread when an infected person coughs or sneezes near others. Each year, more than 30,000 people die from seasonal influenza complications and more than 200,000 people are hospitalized.

For the week ending Nov. 29 (the most current week available), there were no reports of flu activity in Kansas, according to the CDC. However, nearby states such as Colorado, Utah, Arkansas and Texas are already seeing sporadic cases of influenza.

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