

NEWS RELEASE
FOR IMMEDIATE RELEASE
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Final shipment of seasonal flu vaccine arrives

(Lawrence, KS) – The Lawrence-Douglas County Health Department has received its final shipment of seasonal influenza vaccine.

While the 2009 H1N1 influenza virus has been the focus of attention since spring, it's important to remember the risks posed by seasonal influenza viruses and the need to be vaccinated. Clients can walk in anytime during clinic hours to receive the immunization.

The Centers for Disease Control and Prevention recommend that anyone who wants to reduce their risk of contracting seasonal flu should be vaccinated. Because seasonal flu viruses are different strains than H1N1 influenza, people should receive both immunizations.

What is the cost of the seasonal flu vaccine?

The seasonal influenza 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) will have their insurance billed.

Good health habits are also an important way to prevent both the seasonal and H1N1 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.*
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 and clinic hours, visit the Health Department's Web site at www.ldchealth.org.

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