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Public Health
 Prevent. Promote. Protect.

N E W S

For Immediate Release
 September 20, 2011
 Contact: Becky Dershem
 419-228-4457

Seasonal Flu Shot Clinics Scheduled

LIMA – The Allen County Health Department would like to announce the community SEASONAL flu shot clinic schedule for everyone – 6 months of age and older. The vaccine will be available at the Allen County Health Department Mondays - Wednesdays – Fridays: 8-9AM and 3-4PM beginning **Wednesday, September 21 2011**.

In addition, off-site clinics will be held on:

Thursday, October 13, from 9-10:30AM	at	Bluffton Senior Citizen Center
Thursday, October 20, from 1:30-2:30 PM	at	Delphos Senior Citizen Center

This year, the flu vaccine is being recommended for everyone ages 6 months and older.

****All Clinics are contingent upon vaccine supply availability.**

Cost of a flu shot is \$25.00 cash or check. Medicare/Medicaid cards are also accepted. It is important for everyone to bring their insurance cards with them. No one will be turned away for inability to pay.

To help keep the clinic running smoothly and effectively, the Health Department is asking participants to please come dressed in short sleeves or other clothing that makes the upper arm easily accessible.

It will important that everyone get their flu vaccine this year.

Health Commissioner Dave Rosebrock, MPH, said “I hope that each and every person over 6 months of age gets a seasonal flu shot this year. Protect yourself and those around you. Don’t spread the flu, get vaccinated!” In Ohio, the traditional flu season is considered to be from November through April, with the peak months being January and February.

Vaccine will begin to provide protection within about two weeks.

The risk of contracting the flu can be minimized through annual vaccination, limiting your contact with other people who are sick with the flu, avoiding crowds during outbreaks, and by frequent and **thorough hand washing**.

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Please contact Becky Dershem at 419-228-4457 for additional information.
 See background info following.

Seasonal Flu Shot Backgrounder:

- People of any age can get the flu. Most people are ill and may miss work or school for a few days, but some get much sicker and need to be hospitalized from complications such as pneumonia. Influenza causes nearly thirty-six thousand deaths each year, mostly among the elderly. Typical influenza illness has an abrupt onset of fever, extreme fatigue, a headache, sore muscles, a nonproductive and often severe cough, and a sore throat.
- The CDC suggests flu shots for everyone 6 months of age and older who wish to reduce their risk of illness with influenza.
- Persons who should **NOT** get the flu shot include those:
 - Having known severe reactions to eggs,
 - Who have had a reaction to a previous flu shot, or
 - Those having a history of Guillain-Barre' Syndrome (GBS).
- Check with your family physician if you have any questions about whether or not you should get a flu shot. Persons with acute illness and fever should wait until symptoms have abated. Because influenza vaccine contains only non-infectious (inactivated) virus, **the flu shot cannot cause the flu.** Side effects from the flu shot include soreness, redness, or swelling at the injection site, fever, and muscle aches. If these problems occur, they usually begin soon after the shot and last 1-2 days.

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