

NEWS RELEASE
FOR IMMEDIATE RELEASE
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Health Department to provide community flu clinics

(Lawrence, KS) – The Lawrence-Douglas County Health Department will offer flu shots at several community clinics this fall.

The Centers for Disease Control and Prevention recommends that everyone 6 months of age and older should get a yearly flu vaccine. Getting the vaccination is the most effective way to avoid getting the flu, a contagious respiratory illness.

Influenza can cause mild to severe symptoms and can lead to death. More than 30,000 people die each year from flu complications and more than 200,000 people are hospitalized. Those most at-risk are infants and young children, older adults and pregnant women.

The community clinics will be in:

- **Lecompton** — Oct. 22, 9:30 a.m. to 11 a.m., Lecompton United Methodist Church, 402 Elmore St., Lecompton.
- **Baldwin City** — Oct. 24, 3 p.m. to 5 p.m., Baldwin City Recreation, 705 High St., Baldwin City.
- **Eudora** — Oct. 29, 4 p.m. to 6 p.m., Eudora High School, 2203 Church St., Eudora.

The Health Department also offers flu shots on a walk-in basis during clinic hours. No appointment is necessary.

The flu shot is \$25 for children ages 6 months to 35 months and \$30 for people 3 years and older. The Health Department accepts Medicare Part B, HealthWave, Medicaid and Blue Cross/Blue Shield insurance plans.

Good health habits are also an important way to prevent the flu:

- **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.
- **Stay home when 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.

- **Cover your mouth and nose.** Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.
- **Clean your hands.** Washing your hands often will help protect you from germs. If soap and water are not available, use an alcohol-based hand rub.
- **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.
- **Practice other good health habits.** Clean and disinfect frequently touched surfaces at home, work or school, especially when someone is ill. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

About the Lawrence-Douglas County Health Department

The Lawrence-Douglas County Health Department has served the Lawrence and Douglas County community for more than 120 years. Its mission is to advance policies, practices and programs that promote health for all, prevent disease and protect the environment.

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