



## **For Immediate Release**

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### **Time for a Flu Shot**

**La Marque** – To prepare for the coming flu season, Deputy Health Authority Dr. Cassandra Arceneaux today urged local residents to get a flu shot starting this month.

Influenza is not just a winter inconvenience, but a contagious respiratory illness caused by influenza viruses. It can cause mild to severe illness, and at times can lead to complications, hospitalization, and even death. The best way to prevent the flu is by getting a flu shot each year. October or November is the best time to get vaccinated, as flu season normally peaks in January or later.

Anyone can receive a flu shot who wants to reduce the likelihood of becoming infected. Due to the risk of serious consequences, high risk groups are strongly advised to receive flu shots every year. High risk groups include children aged 6 months to 5 years old; pregnant women; people 50 years of age and older; anyone with a chronic medical condition such as asthma or diabetes; and people who live in nursing homes and other long term care facilities. It is also recommended for health care workers and people who live with anyone in the high risk groups.

To date, there is no anticipated shortage of vaccine. The health district expects a supply of 4000 doses to be available to the public. Flu shots are \$20 each.

Clinic staff will review Medicare cards for reimbursement at no cost to senior citizens. Pneumonia vaccinations will also be available at a cost of \$30.

Flu shot clinics will be conducted at the following locations on the dates and times listed:

**October 15<sup>th</sup> – 17<sup>th</sup>:** Galveston County Health District Headquarters, 1207 Oak Street, La Marque, 9 a.m. to 3 p.m.

**October 18<sup>th</sup>:** Galveston Senior Citizens Center, 2201 Ave. L, Galveston, 11:30 a.m. to 1 p.m.

**October 19<sup>th</sup>:** Moody Gardens, One Hope Blvd., Galveston, 10 a.m. to 2 p.m.

**October 19<sup>th</sup>:** Senior Expo at Mall of the Mainland, 10000 Emmett F. Lowry Expressway, Texas City, 10 a.m. to 3 p.m.

**October 23<sup>rd</sup>:** Galveston County Justice Center, 600 59<sup>th</sup> St., 10 a.m. to 12 p.m.

**October 25<sup>th</sup>:** Wayne Johnson Community Center, 4102 FM 519, La Marque, 11:30 a.m. to 1 p.m.

**October 26<sup>th</sup>:** Galveston Courthouse, 722 Moody, Galveston, 10 a.m. to 12 p.m.

**October 30<sup>th</sup>:** League City Senior Citizens Center, 450 W Walker, League City, 9 a.m. to 11:30 a.m.

The District is still working to schedule additional flu shot clinics in areas of the county. Information will be distributed and posted on the Galveston County Health District web site [www.gchd.org](http://www.gchd.org) as it becomes available.

After November 1<sup>st</sup> flu shots will still be available in GCHD immunization clinics located in Dickinson, Texas City, and Galveston. For more information about Galveston County Health District immunization clinics and vaccine supply contact Immunization Nurse Manager, June Gonzales at (409) 938-2244 or see usual clinic times at [www.gchd.org/chn/IMM.htm](http://www.gchd.org/chn/IMM.htm).

Dr. Arceneaux points out that while the single best way to prevent seasonal flu is to get vaccinated each year, there are some other things a person can do to help prevent respiratory illnesses like the flu such as:

- Avoid close contact with people who are sick.

- If possible, stay home from work, school, and errands when you are sick.
- Cover your mouth and nose with a tissue when coughing or sneezing.
- Washing your hands often will help protect you from germs.
- Avoid touching your eyes, nose or mouth.
- Practice other good health habits like getting plenty of sleep, be physically active, manage your stress, drink plenty of fluids and eat nutritious food.

For more information about influenza and the flu vaccine visit the CDC website at: [www.cdc.gov/flu/](http://www.cdc.gov/flu/)