



COUNTY OF SAN DIEGO NEWS RELEASE

FOR IMMEDIATE PUBLICATION
Oct. 30, 2008

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GET A FREE FLU SHOT AND HELP THE COUNTY PREPARE FOR A CRISIS *One Thousand Free Flu Shots to be Given at Mass Vaccination Drill*

One thousand free flu shots will be provided to attendees who participate in a mass vaccination drill hosted by the County of San Diego Health and Human Services Agency's (HHSA) East Region in El Cajon.

HHSA's East Region, Emergency Medical Services Branch and Immunization Branch have teamed up to inoculate hundreds of volunteers from 10 a.m. to 2 p.m. Friday, Nov. 7 at the Ronald Reagan Community Center, 195 E. Douglas Ave., El Cajon. The exercise will help HHSA test an emergency medicine distribution site, where County workers would provide vaccine or medicine during a widespread disease outbreak.

"We hope the public will roll up their sleeves to protect themselves with a free flu shot and help us practice our emergency response plans," said Dianne Jacob, District 2. "The more we practice our plans, the better prepared we will be if the unthinkable happens and we experience a health disaster such as a pandemic flu."

"November and even December are not too late to get a flu shot," said Wilma Wooten, M.D., M.P.H., County of San Diego Public Health Officer. "Flu season can extend into April. If you have not been vaccinated, this is a great opportunity to protect yourself, your loved ones and the community, against the spread of flu."

This event is one of a series of exercises that help the County practice executing its public health preparedness plan.

Each year influenza-related complications are responsible for 36,000 deaths and more than 200,000 hospitalizations. This season, the Centers for Disease Control and Prevention (CDC) recommends that children ages 2 – 18 years and pregnant women get a flu shot.

For more information, contact HHSA East Region at (619) 441-6500.

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