



COUNTY OF SAN DIEGO NEWS RELEASE

FOR IMMEDIATE RELEASE

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FLU SHOTS ENCOURAGED FOR THOSE AT RISK FOR FLU COMPLICATIONS *Flu Vaccine Available at County Health Facilities*

The San Diego County Health and Human Services Agency (HHSA) urges people who are at risk for complications from the flu to get the annual flu vaccine.

"Everyone in the at-risk groups should get a flu shot; it's the best way to help protect against getting the flu," said Nancy Bowen, M.D., County of San Diego Public Health Officer. "The at-risk groups include people 50 years and older, children aged 6-59 months, pregnant women, persons with chronic health conditions, and others. Influenza and its complications can seriously endanger their health."

Flu shots for those in at-risk groups are available at County health facilities at a cost of \$10 per person. The fee may be waived for those unable to pay.

For the first time, County Public Health Centers also have a limited amount of the nasal spray flu vaccine available.

"Don't forget that flu season often lasts until March or later, so December or even later is not too late to get a flu vaccination," Dr. Bowen said.

For recorded information about flu vaccinations offered at County health facilities for those in the at-risk groups, please call the County Flu Information Line at 1-866-358-2966. For additional locations for persons who are not in the at-risk groups, please call the CHIP/Aging and Independence Services Flu Hotline for a referral at 1-877-358-0202. You can also visit websites at www.sdchip.org (click on the No Flu icon) and www.sdiz.org. General information about the flu and flu shots is available at the federal Centers for Disease Control's National Immunization Information Hotline at 1-800-232-4636 (English or Spanish).

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