



FOR IMMEDIATE RELEASE  
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## Southern Nevada Health District to offer flu shots, October 2

LAS VEGAS – It's that time of year . . . flu season is just around the corner and the Southern Nevada Health District will begin to offer flu shots to the public on Tuesday, October 2.

There are no anticipated vaccine shortages this season, though distribution methods stagger delivery over a four-week period. Because of this process, healthy people are encouraged to allow those in the high-risk category to receive their shots first, which will also reduce the long lines and wait time during the first few weeks that vaccines are offered.

High-risk individuals include people age 50 and over, pregnant women, individuals between six months old and 49 with certain medical conditions, health care workers, and household contacts of individuals who are at high risk. According to the 2006 Behavioral Risk Factor Surveillance System, just 19 percent of Nevadans between the ages of 18 and 49 who are considered high-risk individuals reported getting the flu shot during the 2005-06 flu season. Additionally, the Centers for Disease Control and Prevention (CDC) in 2006 revised its recommendations regarding children and now encourages flu vaccinations for children between the ages of six months and 59 months.

Flu vaccinations will be given Monday through Friday, 8 a.m. to 4:30 p.m. at the following public health centers:

- Ravenholt Public Health Center, 625 Shadow Lane, Las Vegas
  - East Las Vegas Public Health Center, 560 N. Nellis Blvd., Suite E12, Las Vegas
  - Henderson Public Health Center, 520 E. Lake Mead Parkway, Henderson
  - North Las Vegas Public Health Center, 1820 E. Lake Mead Blvd., Suite F, North Las Vegas
  - Spring Valley Public Health Center, 6330 W. Spring Mountain Rd., Ste. C, Las Vegas
- (All services at Spring Valley, including immunizations, are available by appointment only. Call 759-0701)

It is best to arrive at any of the health district's public health centers by 4 p.m. for flu shots. The health district reminds residents that it is recommended they get their flu shots early in the season, but it is not necessary to get the vaccine on the very first day it is offered. Flu shots are effective even if individuals wait until December or January. Flu season generally peaks in Southern Nevada in January or February.

Currently, there is no flu activity in Clark County, and people have ample time to receive a vaccination. Those wishing to avoid the initial rush can be assured flu vaccine is in sufficient supply, and can delay their visit until the middle of November.

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### MEDIA CONTACTS

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Health District to offer flu shots – add one

Methods of payment for flu shots include Medicare Part B, Medicare Railroad Part B, Medicaid, and Senior Dimensions or cash (checks are not accepted). Patients must present their insurance card or Medicaid voucher at the time of service. For those not covered or without proof of insurance, the cost for flu vaccination is \$30.

To further prevent the spread of the virus: avoid close contact with people who are sick, stay home if you're sick, cover your mouth and nose when you cough or sneeze, wash your hands, and avoid touching your eyes, nose or mouth.

For more information, contact the health district's immunization project at (702) 759-0850 or access the health district website, [www.SouthernNevadaHealthDistrict.org](http://www.SouthernNevadaHealthDistrict.org) or [www.flurevolution.com](http://www.flurevolution.com).