



FOR IMMEDIATE RELEASE
December 5, 2008

Got a flu shot? National Influenza Vaccination Week, Dec. 8-12

LAS VEGAS --The holidays are approaching. Have you gotten a flu shot? The Southern Nevada Health District encourages everyone to protect themselves and their loved ones during the holiday season by getting a flu shot. National Influenza Vaccination Week, Dec. 8-12, is an opportunity to remind people that flu shots are beneficial and affective even if they are received in December and January. The health district offers the traditional flu shot as well as the inhaled FluMist, Monday - Friday, between 8 a.m. and 4:30 p.m. at all of its public health centers. Flu immunizations are \$30. For additional information, contact the Southern Nevada Health District's immunization program, (702) 759-0850 or visit www.SouthernNevadaHealthDistrict.org.

Immunizations are available at all health district locations:

- 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)

Methods of payment for flu shots include Medicare Part B, Medicare Railroad Part B, Medicaid, 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. Pneumonia shots are \$45.

For the 2008-09 flu season, the health district has a large supply of vaccine. To date, more than 12,000 doses have been administered by the health district since the end of September. In Southern Nevada, flu season typically begins in late December and peaks in January or February; the season can continue until May. The health district reported its first confirmed influenza case in early November and notes that to date, the flu season has been mild.

The CDC recommends flu shots for everyone especially healthcare professionals and those who are at high risk of complications if they get the flu, including people age 50 and over, pregnant women, individuals between the ages of six months old and 49 years who have certain chronic medical conditions, and household contacts of individuals who are at high risk. Additionally, the CDC revised its recommendations regarding children and now encourages flu shots for children between the ages of six months and 59 months.