



FOR IMMEDIATE RELEASE
December 13, 2010

**Health District to offer 'gift of health'
Free flu shots at the Galleria at Sunset, Dec. 18**

LAS VEGAS -- The Southern Nevada Health District will offer free flu shots to shoppers at the Galleria at Sunset mall between 10 a.m. and 2 p.m., Saturday, Dec. 18. The free clinic will be located on the mall's lower level in front of JC Penney. The health district will offer traditional flu shots and the inhaled FluMist. For information, contact the Southern Nevada Health District's immunization program, (702) 759-0850 or visit www.SNHD.info.

Flu shots and other immunizations are available at the health district's public health centers between 8 a.m. and 4:30 p.m., Monday through Friday:

- 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
- Mesquite Public Health Center, 830 Hafen Lane, Mesquite, **Tue/Thu 8 a.m.-noon and 1 p.m. - 4 p.m.**

There are no vaccine shortages and the health district encourages everyone to get a flu shot, especially high-risk individuals including people age 50 and over, pregnant women, individuals over the age of six months with chronic medical conditions, health care workers, and household contacts of individuals who are at high risk. Additionally, the Centers for Disease Control and Prevention (CDC) recommended that anyone over the age of six months old should receive an annual flu shot.

This year's flu shot includes the 2009 H1N1 influenza strain. The health district also offers the new high-dose flu shot for people 65 and older. This is the first year this vaccine is available and it is developed to induce a stronger immune response in older people. It is only approved for people 65 and over and the health district advises people to speak with their healthcare providers to determine if the new high-dose vaccine is an option for them.

The health district has administered more than 18,000 doses since October. In Southern Nevada, flu season typically begins in late December and peaks in January or February; the season can continue until May.

Updated information about the Southern Nevada Health District can be found on Facebook www.facebook.com/SouthernNevadaHealthDistrict, on YouTube www.youtube.com/SNHealthDistrict or Twitter : www.twitter.com/SNHDInfo.