



FOR IMMEDIATE RELEASE
December 5, 2011

Got a flu shot?
National Influenza Vaccination Week, Dec. 4-10

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. 4-10, is an opportunity to remind people that flu shots are beneficial and affective even if they are received in December and January. Flu shots are \$28, the inhaled vaccine is \$43, and the new high-dose shot for people 65 and older is \$53. For additional information, contact the Southern Nevada Health District's immunization program, (702) 759-0850 or visit www.SNHD.info.

The health district has administered more than 10,500 doses since mid-September. To date, flu activity in Southern Nevada is low so there is still time to get a flu shot before flu season peaks locally in January or February. Flu season can continue until May.

It is recommended that everyone 6 months of age and older get a yearly flu vaccination and there are ample supplies of influenza vaccine available this season. The health district encourages everyone to get flu vaccinations, especially persons at high-risk of complications from the flu including children younger than 5 (children younger than 2 years old are at highest risk), adults 65 years of age and older and pregnant women.

Immunizations are available at the following health district locations:

Monday through Friday, 8 a.m. until 4:30 p.m.

- Ravenholt Public Health Center, 625 Shadow Lane, Las Vegas 89106

Monday through Thursday, 8 a.m. until 5:30 p.m.

- East Las Vegas Public Health Center, 560 N. Nellis Blvd., Ste. E12, Las Vegas 89110
- Henderson Public Health Center, 520 E. Lake Mead Parkway, Henderson 89015

Tuesday and Thursday, 8 a.m. until 4 p.m. CLOSED for lunch from noon to 1 p.m.

- Mesquite Public Health Center, 830 Hafan Lane, Mesquite 89027

Additional information, tips and facts about flu and zombie viruses can be found on the health district's website, www.SNHD.info. 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. The health district is now available in Spanish on Twitter www.twitter.com/TuSNHD. To follow the health district on Twitter, text 40404 to @SNHDInfo.