



FOR IMMEDIATE RELEASE

December 9, 2013

**Have you gotten your flu shot?**  
*National Influenza Vaccination Week, Dec. 8-14*

**LAS VEGAS** – The holidays are quickly approaching. Have you had a flu shot yet? The Southern Nevada Health District encourages everyone to protect themselves and their loved ones during the holiday season by getting a flu immunization. National Influenza Vaccination Week, Dec. 8-14, is an opportunity to remind people that flu vaccines are beneficial and effective even if they are received in December and January. Flu shots are \$40 and the inhaled mist is \$43. For more information, contact the health district's immunization clinic at (702) 759-0850 or visit [www.SNHD.info](http://www.SNHD.info).

Influenza activity has been sporadic in the Las Vegas Valley and across the country, so getting a flu shot now is beneficial. Flu season typically peaks in January or February and can continue until May. There are no vaccine shortages and immunizations are available throughout the community. To date, the health district has administered more than 6,600 doses of influenza vaccine.

Flu shots are recommended for people 6 months old and older, especially people at a high risk for complications from the flu including very young children, people older than 65, pregnant women, and people with chronic medical conditions.

Immunizations are also available at the following health district locations:

- **Main Public Health Center, 330 S. Valley View Blvd.**  
Monday – Friday, 8 a.m. – 4:30 p.m.
- **East Las Vegas Public Health Center, 560 N. Nellis Blvd., Suite E12, Las Vegas**  
Monday – Thursday, 8 a.m. – 5:30 p.m.
- **Henderson Public Health Center, 520 E. Lake Mead Parkway, Henderson**  
Monday – Thursday, 8 a.m. – 5:30 p.m.
- **North Las Vegas Public Health Center, 955 W. Craig Rd., Suite 103D, North Las Vegas**  
Monday – Friday, 8a.m. – 12:30 p.m. and 1:15 p.m. – 4:30 p.m.
- **Mesquite Public Health Center, 830 Hafen Lane, Mesquite**  
Tuesday and Thursday, 8 a.m. – noon, 1 p.m. – 4 p.m.

-more-

## National Influenza Vaccination Week – add one

Flu shots are also recommended for people with certain medical conditions including:

- Asthma
- Neurological and neurodevelopmental conditions [*including disorders of the brain, spinal cord, peripheral nerve, and muscle such as cerebral palsy, epilepsy (seizure disorders), stroke, intellectual disability (mental retardation), moderate to severe developmental delay, muscular dystrophy, or spinal cord injury*].
- Chronic lung disease (*such as chronic obstructive pulmonary disease [COPD] and cystic fibrosis*)
- Heart disease (*such as congenital heart disease, congestive heart failure and coronary artery disease*)
- Blood disorders (*such as sickle cell disease*)
- Endocrine disorders (*such as diabetes mellitus*)
- Kidney disorders
- Liver disorders
- Metabolic disorders (*such as inherited metabolic disorders and mitochondrial disorders*)
- Weakened immune system due to disease or medication (*such as people with HIV or AIDS, or cancer, or those on chronic steroids*)
- People younger than 19 years of age who are receiving long-term aspirin therapy
- People who are morbidly obese (*Body Mass Index, or BMI, of 40 or greater*)

To help 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.

Updated information about the Southern Nevada Health District can be found on Facebook [www.facebook.com/SouthernNevadaHealthDistrict](http://www.facebook.com/SouthernNevadaHealthDistrict), on YouTube [www.youtube.com/SNHealthDistrict](http://www.youtube.com/SNHealthDistrict) or Twitter: [www.twitter.com/SNHDinfo](http://www.twitter.com/SNHDinfo). The health district is now available in Spanish on Twitter [www.twitter.com/TuSNHD](http://www.twitter.com/TuSNHD). Don't have a Twitter account? Follow the health district on your phone by texting "follow SNHDinfo" to 40404.