

Jeb Bush
Governor



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PINELLAS COUNTY HEALTH DEPARTMENT

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FOR IMMEDIATE RELEASE

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Pinellas County Health Department to Offer Flu Shots Beginning October 16

Flu season has begun, and can continue through February or later. Influenza (the flu) is a contagious and potentially serious illness that can lead to hospitalization and even death. Flu vaccines ("flu shots") are safe, effective and cannot cause the flu.

Health officials recommend flu shots for everyone, and especially for individuals in the following groups:

- Individuals age 50 and older;
- Residents of and staff of long-term care facilities;
- Persons with chronic medical conditions and their household contacts;
- Children aged six months to five years of age, their household contacts and out-of-home caregivers;
- Pregnant women or women who will be pregnant during flu season;
- Health care personnel; and
- Household contacts and out-of-home caregivers of children less than six months of age.

You can get a flu shot at your own doctor's office, area walk-in clinics, at flu shot events hosted by local supermarkets and other public places or at the Pinellas County Health Department. There are five Pinellas County Health Department centers:

1. St. Petersburg – 205 Dr. ML King Street North;
2. Clearwater – 310 N. Myrtle Avenue;
3. Pinellas Park – 6350 76th Avenue North;
4. Largo – 12420 130th Avenue North; and
5. Tarpon Springs – 301 South Disston Avenue.

The cost of a flu shot at the health department is \$25. Pneumonia vaccines will also be available for \$34. Bring your Medicare card, health insurance cards and a photo ID if paying by check or credit card. As supplies are available, the health department will offer flu shots on a walk-in basis from 8:00 a.m. to 5:00 p.m., Monday through Friday starting Monday, October 16, 2006.

Call the health center nearest you to check supply on the day you plan to go in for a flu shot. You can also call our flu shot hotline at (727) 824-6900, then press 2, for current information. Information will also be available on our website at www.PinellasHealth.com.

In addition to vaccination, you can also reduce your risk of contracting respiratory infections by following a few simple steps:

- Wash your hands often with soap and water or an alcohol-based hand cleanser. Teach your children to do the same.
- Avoid touching your eyes, nose or mouth.
- Stay home when you are sick and keep sick children home.
- Avoid crowds – where people are likely to be coughing and sneezing.
- Do not share eating utensils, drinking glasses, towels or other personal items.
- Cover your nose and mouth with a tissue when you cough or sneeze, then put used tissues in a waste container and wash your hands. If you do not have a tissue, cough or sneeze into your sleeve.

For more information, visit www.PinellasHealth.com .

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