



## HEALTH SERVICES AGENCY

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[www.hsahealth.org](http://www.hsahealth.org)

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### **Stanislaus County Health Services Agency Public Health reminds everyone that it's not too late to get a flu vaccine!**

**Stanislaus County** – The Stanislaus County Health Services Agency (SCHSA), along with the Centers for Disease Control and Prevention (CDC) and California Department of Public Health are recommending individuals six months of age and older receive the flu vaccination and encourage those that they know to do so as well. As family and friends are gathering for the holidays, flu activity is increasing. Now is a great time to get a flu vaccine if you have not gotten vaccinated yet. A flu vaccine can protect you and your loved ones. This season, the CDC recommends only flu shots (not the nasal spray vaccine).

#### **Flu season is here. It is time to get vaccinated.**

We all want to stay healthy. A flu shot is the best protection against getting sick with the flu. Flu season has arrived in Stanislaus County, so don't wait any longer to get your shot.

#### **Who should get the flu shot?**

Everyone at least six months of age and older should get vaccinated against the flu.

People at the highest risk of severe illness and/or death include children, seniors, pregnant women and those with chronic medical conditions or weak immune systems. Getting the flu shot is especially important for these people.

A few options for shots are available. Some protect against three (3) flu viruses and some protect against four (4). Both are fine for those who are at least six months old. For seniors who are more susceptible to suffering severe symptoms, there are high-potency shots designed to better stimulate their immune system. Ask your doctor which is best for you and your family.

#### **Where to get a flu shot.**

There are lots of options for getting a shot. Many health care providers give flu shots as do many pharmacies. The high-potency shot for seniors is available at many pharmacies. Medicare, Medi-Cal, and most insurances cover the flu shot.

#### **Protect yourself!**

Even after you get your flu shot, you should protect yourself and others by:

- Washing your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub;

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- Staying home and limiting contact with others when you are sick;
- Covering your nose and mouth with a tissue when you cough or sneeze. Throwing the tissue out when you are done;
- Not touching your eyes, nose and mouth;
- Avoiding close contact with sick people;
- Cleaning and disinfecting surfaces.

SCHSA Public Health Division continues its 2017 community seasonal flu vaccination clinics at the following locations:

Wednesday, November 29 10:00 am - 12:30 pm	Newman Family Resource Center 1300 Patchett Drive	NEWMAN
Tuesday, December 5 4:00 pm – 6:00 pm	Ceres Unified School District 2503 Lawrence Street	CERES

The seasonal flu vaccine is available for anyone six months of age and older. The charge is \$25 to cover the cost of vaccine administration. **No one will be turned away for the inability to pay this fee.**

The Public Health Immunizations Clinic also provides flu vaccinations and is located at 820 Scenic Drive, Modesto. Clinic hours for getting the flu vaccine are:

**Walk-In Services:**

Tuesday: 10:00 am – 6:00 pm  
Thursday: 12:00 pm – 6:00 pm

**Services by Appointment Only:**

Wednesday: 8:00 am – 5:00 pm  
Friday: 8:00 am – 5:00 pm

Pictured below, the Stanislaus County Chief Executive officer, Jody Hayes received his flu vaccine this flu season. Have you?



Seasonal flu information can be found at the HSA website at [www.hsahealth.org](http://www.hsahealth.org) or by calling the flu information line at (209) 558-8872.