



830 Scenic Drive, P.O. Box 3271, Modesto, CA 95353
 Fax: (209) 558-8320
www.hsahealth.org

NUMBER: 18-08
 FOR RELEASE: IMMEDIATE

DATE: 10/18/18
 CONTACT: Maria Blanco
 PHONE: 209.558.6833

Are You Prepared for Flu this Season?

Stanislaus County – 2017-2018 was a high severity flu season with record breaking levels of illness, hospitalization, and deaths. Getting your flu shot each year is the best way to protect yourself and your family from flu. Getting your flu shot also decreases your chance of serious complications if you get the flu. The Center for Disease Control and Prevention recommends that everyone six months and older get a flu shot by the end of October.

What is new this flu season?

- Vaccines have been updated to better match circulating flu viruses.
- Any licensed, age-appropriate flu vaccines are recommended.
- The nasal spray flu vaccine is again an option. Ask your health care provider about which flu vaccine is right for you.

While the timing of flu season is unpredictable, activity often begins to increase in October and peaks between December and February. Flu season can last as late as May. It takes about two weeks after vaccination for antibodies to develop in the body to protect against infection from the virus. This means that now is the best time to get your flu shot!

Stanislaus County Health Services Agency Public Health Division (HSA/PH) continues its 2018 community seasonal flu vaccination clinics at the locations and dates/times below.

The seasonal flu vaccine will be available at no cost for anyone six months of age and older.

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| Saturday, October 20, 2018 9:00 am – 2:00 pm | King Kennedy Memorial Center, 601 S. Martin Luther King Drive | MODESTO |
| Monday, October 22, 2018 2:00 pm – 5:00 pm | Ceres Unified School District 2503 Lawrence Street | CERES |
| Thursday, November 1, 2018 2:30 pm – 4:30 pm | Ceres Unified School District 2503 Lawrence Street | CERES |

-More-

The Public Health Immunizations Clinic also provides flu vaccinations and is located at 820 Scenic Drive, Modesto. There is a \$25 fee for flu shots given at the Public Health clinic. No one will be turned away for the inability to pay this fee. Clinic hours for getting the flu vaccine are:

Walk-In Services:

Tuesday: 08:00 am – 7:00 pm

Thursday: 08:00 am – 7:00 pm

Services by Appointment Only:

Wednesday: 8:00 am – 5:00 pm

Friday: 8:00 am – 5:00 pm

For more information or to schedule an appointment, please visit the HSA website at <http://www.schsa.org/> or call (209) 558-7700.

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

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