



**HEALTH SERVICES AGENCY**

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## **Flu is here, but it's not too late to vaccinate!**

**Stanislaus County** - Cases of influenza A have been identified in Stanislaus County. Health officials remain concerned because of low vaccination rates during the fall. The flu vaccine is recommended for everyone six months of age and older. Check with your primary care provider or your local pharmacy for vaccine availability. You can also find a vaccine provider in your area by visiting [www.flushot.healthmap.org](http://www.flushot.healthmap.org).

“The seasonal flu vaccine is an important and safe way to protect yourself and your loved ones against the seasonal flu,” states Dr. John Walker, Stanislaus County Public Health Officer. “Everyone six months and over should get a flu shot,” Walker said.

Vaccinations are also offered at the Stanislaus County Public Health Department and are provided to the public during the hours of 10 a.m. to 6:00 p.m. Tuesdays and Thursdays and on Wednesdays and Fridays from 8:00 a.m. to 4:00 p.m. at the Public Health location. No appointments are necessary.

The flu vaccine is payable for Medicare, Health Plan of San Joaquin, Health Net Medi-Cal and Medi-Cal Fee for service members. If someone is not covered by one of these health plans, the fee would be \$10 per child (six months through 18 years) and \$25 per adult, payable by cash or check. No person will be turned away for inability to pay. Individuals not covered by one of these plans, (i.e. Kaiser, Secure Horizons, Health Net, Sutter Gould, etc.) can also receive vaccinations from their health care provider.

In addition to getting vaccinated, Public Health officials recommend everyone help prevent the spread of the seasonal flu by:

- Avoiding touching your eyes, nose or mouth;
- Covering your coughs and sneezes with your sleeve or tissue;
- Washing your hands often. Carrying hand sanitizer with you and using it when you are not able to wash your hands; and
- Staying home if you are sick.

Information regarding influenza vaccinations is available on the Health Services Agency Flu Hotline at (209) 558-8872 or at our website at [www.hsahealth.org](http://www.hsahealth.org).