



**COUNTY OF RIVERSIDE
COMMUNITY HEALTH AGENCY
DEPARTMENT OF PUBLIC HEALTH**

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FOR IMMEDIATE RELEASE:

It's Not Too Late to Get Your Flu Shot

Riverside County Community Health Agency, Department of Public Health has several Family Care Centers located throughout the county that are still giving free flu vaccinations. Individuals at increased risk for influenza related complications can still benefit from getting vaccinated after November. Although early vaccination against influenza is best, it is not too late to get vaccinated in December or later. Flu season usually begins as early as October but can last as late as March in Riverside County.

The Riverside County Family Care Centers give free flu vaccine to those who are at increased risk of serious complications from an influenza illness. This includes children 6-59 months of age, pregnant women, and adults 60 years of age and older. Other at risk groups include children and adults with a chronic medical condition such as asthma, lung or heart disease, diabetes, kidney disease, or a compromised or suppressed immune system. The Centers for Disease Control and Prevention (CDC) also suggests any household contacts (anyone older than 6 months of age) of the high-risk persons including children 0-4 years of age should be vaccinated against the flu as well.

The 2006-2007 influenza vaccine contains antigens to provide protection against the three strains of influenza viruses expected to cause illness this winter: A/New Caledonia/20/99 (H1N1)-like virus, A/Wisconsin/67/2005 (H3N2)-like virus and B/Malaysia/2506/2004-like virus. Please call the appointment hotline at 1-800-720-9553 or visit our website at <http://www.rivco-familycarecenters.org/flu.htm> for locations of the Family Care Clinics and availability of flu vaccinations.

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