



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

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**FOR IMMEDIATE RELEASE:**

**Flu Shots for Seniors**

Riverside County Community Health Agency, Department of Public Health is reminding seniors to take advantage of the County's FREE Flu Clinics this fall to protect themselves against influenza. 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.

Free flu vaccination clinics will start October 30, 2006 throughout the County. The clinics are designed for individuals 60 years of age and older, as well as high risk younger adults and children with certain chronic health conditions. These include asthma, lung or heart disease, diabetes, kidney disease, blood disease, neuromuscular disorder with breathing problems, those who are immune compromised or suppressed and those who are pregnant. Such individuals are at increased risk of serious complications from an episode of influenza.

Riverside County Public Health Officer, Dr. Gary M. Feldman, said "Annual flu shots are important for seniors because seniors are more likely than others to become seriously ill if they get the flu. As people age, disease-fighting ability slows down. That is why prevention is essential for seniors. Without a flu shot, a serious case of flu can develop quickly and worsen rapidly," Feldman warns.

Another group at risk of serious complications from influenza is children age 6-59 months. The Centers for Disease Control suggest that any household contacts (anyone > 6 months of age) of the high-risk persons including children 0-4 years of age should be vaccinated against the flu as well. Children 9 years old and younger should attend the County's childhood immunizations clinics or one of the County's nine Family Care Centers. Please call 1-888-246-1215 for locations and times.

Due to the limited supply of vaccine, and the need to target high-risk persons, flu shots will not be provided to healthy young adults and children at clinic sites sponsored by Riverside County Department of Public Health. Td (tetanus) boosters, which are needed every ten years, will be offered based on vaccine availability. Pneumonia (pneumococcal) vaccine will also be available at the clinic sites. The pneumococcal vaccine is only needed once, except in special circumstances. Dr. Feldman recommends that those interested in receiving the pneumonia immunization should check their medical records and/or their physician to see if either immunization is due. [VACCINATION SCHEDULE](#)

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