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FOR IMMEDIATE RELEASE:

Flu Shots Offered Countywide for Seniors

This fall, avoiding influenza (flu) should be a top priority. The best way to protect yourself and your loved ones is by getting a flu shot. While there have been no cases of influenza yet reported in Riverside County, cases have already been reported in Northern California. "The flu shot is one of the most effective public health measures we have. The best advice I can give to all of our citizens is to receive a flu shot annually," said Dr. Eric Frykman, County Health Officer.

Flu clinics begin in Riverside on October 27th, then Sun City on the 28th, on to Palm Desert on the 29th and will continue throughout the County through November and early December.

Annual flu shots are recommended for everybody over the age of six months, but especially for:

- People 50 years of age and older
- Infants and children aged 6 months up to their 18th birthday
- People of any age with chronic medical conditions
- Pregnant women
- People who live in nursing homes and long-term care facilities
- Home care givers and health care workers caring for a high risk individual

A new flu shot is recommended every fall.

Children 9 years of age and younger are encouraged to visit the childhood immunization clinics for their flu shot. For more information, contact 1-888-246-1215 or visit www.rivco-diseasecontrol.org. Childhood immunizations are also available at one of the County's ten Family Care Centers, call 1-800-720-9553 for locations and times or visit <http://www.rivco-familycarecenters.org/flu.htm>.

For a complete listing of flu clinic locations and times, call 1-888-246-1215 or visit www.rivcoph.org

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