

Mendocino County Health and Human Services Agency

Healthy People, Healthy Communities

Public Service Announcement

Date: October 13, 2009

FOR IMMEDIATE RELEASE

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Seasonal Flu Vaccination Clinics Scheduled Throughout County

Mendocino County Community Health Services will be at the locations listed below conducting seasonal flu vaccination clinics. The flu vaccination clinics are for persons 19 - 49 years of age with chronic health conditions and persons 50 years and older. A donation of \$10.00 is suggested per flu vaccination.

- Fort Bragg: Monday, October 19, 2009 from 10:00 a.m. to 1:00 p.m. at the Redwood Coast Senior Center located at 490 N. Harold Street in Fort Bragg.
- Ukiah: Tuesday, October 20, 2009 from 1:00 p.m. to 4:00 p.m. at the Ukiah Senior Center located at 499 Leslie Street in Ukiah.
- Willits: Monday, October 26, 2009 from 9:00 a.m. to 12:00 p.m. at the Willits Senior Center located at 1501 Baechtel Road.
- Point Arena: Wednesday, October 28, 2009 from 11:00 a.m. to 2:00 p.m. at the Veterans of Foreign War (VFW) building located at 451 School Street in Point Arena.

Chronic Health Conditions include:

- Diabetes, HIV, lung disease, kidney disease, heart disease, chronic liver disease, long term aspirin therapy, spinal cord injuries, seizure

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disorders, immune compromised and persons with neuromuscular disorders.

It is recommended for persons to get a flu shot if you are a:

- Resident of long-term health care facility;
- Woman who will be pregnant during the flu season;
- Health care-worker providing direct patient care in a doctor's office, hospital or in the home; or a
- Household member to a person unable to be vaccinated due to being immune compromised or a child less than 6 months of age.

It is encouraged for persons 6 months and older to get vaccinated for the seasonal flu as soon as possible to help protect against the flu. Please contact your pediatrician, physician or Mendocino County Community Health Services by phone at (707) 472-2600 or 472 – 2700 to get your flu vaccine.

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