



NEWS RELEASE

Sangamon County Department of Public Health Announces Seasonal Flu Immunization Program, and advises the public it's Time for Your Flu Vaccine

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The Sangamon County Department of Public Health (SCDPH) will begin offering seasonal influenza vaccinations starting September 7th at outbound locations (see attached schedule) and at their walk-in clinic, located at 2833 South Grand Avenue East, Springfield. The flu vaccination is no cost to all Medicare B and Medicaid recipients upon presentation of their respective cards. People who are not Medicare B or Medicaid recipients may also receive the vaccination for \$30.00. SCDPH also accepts numerous health insurance plans, and will bill those participating companies upon presentation of the applicable insurance card. The list of insurance plans accepted by SCDPH includes Blue Cross, Aetna, Humana, Cigna, Molina, Coventry, and Health Alliance. People are welcome at any of the outbound locations or anytime flu shots are available at the Sangamon County Department of Public Health facility.

The hours for walk-in clinics are as follows:

Mondays	8:30 a.m. to 6:30 p.m.
Tuesdays	8:30 a.m. to 4:00 p.m.
Wednesdays	8:30 a.m. to 4:00 p.m.
Thursdays	8:30 a.m. to 4:00 p.m.
Fridays	8:30 a.m. to 4:00 p.m.

SCDPH will also provide flu immunizations to the residents of Springfield high rises and for numerous businesses throughout the County. Information on vaccination clinic times and locations are on SCDPH's website – www.scdph.org. It is not too late for employers to call 535-3100 ext. 3765 to schedule your business for a worksite flu vaccination clinic.

SCDPH joins the Centers for Disease Control in their strong recommendation that everyone 6 months of age and older get their yearly flu vaccination as soon as vaccines become available in their community. **People at highest risk for complications from the flu who should get vaccinated each year include:**

- Children ages 6 months to 5 years;
- People 50 years of age and older;
- Women who will be pregnant during the influenza season (October through May);
- People of any age with certain chronic medical conditions;
- People who live in nursing homes and other long term care facilities, and
- People who live with or care for those at high risk for complications from flu, i.e., household contacts

of persons at high risk for complications from flu, household contacts and out of home caregivers of children less than 6 months of age (these children are too young to be vaccinated), and healthcare workers.

Children ages 6 months through 8 years should receive 2 doses of vaccine if they have not previously been vaccinated. SCDPH concurs with this recommendation and hopes parents emphasize immunizing their children against influenza.

People 65 years and older have a choice between two flu vaccines - a regular seasonal flu vaccine and a flu vaccine with a higher dose. The high dose vaccine is associated with a stronger immune response to the vaccination and offers 4 times as many antigens to help ramp up the immune system in people over the age of 65. The higher dose may have more of the mild side effects that occur with the standard-strength seasonal vaccines. Mild side effects can include pain, redness, or swelling at the injection-site, headache, muscle ache and fever. If you are 65 or older, and are interested in the high dose flu vaccine, you may wish to talk with your doctor about which type of seasonal flu vaccine is better for you.

The flu season typically runs from October through May. It takes up to 2 weeks for protection to develop after the vaccination. Therefore, it is important for people, especially those most vulnerable be vaccinated soon.

Influenza, which is commonly called the flu, is caused by viruses that infect the respiratory tract and spreads from person to person when an infected person coughs or sneezes. Typical symptoms include a fever of 100° to 103° in adults and often higher in children, dry cough, runny or stuffy nose, headache, muscle aches, and extreme fatigue. The 2017-2018 seasonal influenza Quadrivalent vaccine composition contains inactivated strains of A/Michigan/45/2015 (H1N1)pdm09-like virus, A/Hong Kong/4801/2014 (H3N2)-like virus, B/Brisbane/60/2008-like (B/Victoria lineage) virus, and B/Phuket/3073/2013-like (B/Yamagata lineage) virus.

Jim Stone, Director of Public Health for Sangamon County, said “Quadrivalent vaccine is recommended because it provides protection against 4 strains of influenza. People over the age of 65 should consider taking advantage of the high dose vaccine, as it can provide extra protection. The cost for high dose is \$45, but no cost for Medicare B recipients upon presentation of their card. If you have questions about which may be better for you, please contact your personal physician.”

Stone noted that “The CDC estimates between 2010 and 2014, estimates of influenza-associated deaths in the United States range from a low of about 12,000 (during 2011-2012) to a high of 56,000 (during 2012-2013).” Stone also emphasizes “it is very important for people to use good hygiene practices to help prevent the spread of influenza.” These practices include:

- **Stay home when sick.** People with flu-like illness should stay home for at least 24-hours after they no longer have a fever, or signs of a fever, without the use of fever-reducing medicines.
- **Hand hygiene and respiratory etiquette.** Basic healthy hygiene practices like the 3 Cs – clean, cover and contain should always be emphasized. Taking these precautions is vital to limiting the spread of illness.

Clean – wash your hands frequently to prevent the spread of germs.

Cover – your cough or sneeze with your elbow or sleeve.

Contain –stay home if you’re sick.

The Department’s **Flu Program Information, 535-3100, then press 5**, will list all locations, dates, and times of flu clinic sites. You may also access our website at www.scdph.org.

**SANGAMON COUNTY DEPARTMENT OF PUBLIC HEALTH
FLU IMMUNIZATION CLINICS - 2017**

<u>DATE</u>	<u>TIME</u>	<u>LOCATION</u>
Thursday, Sept. 7	9:00 a.m. - 10:00 a.m.	Riverton Knights of Columbus 400 South Fourth Street, Riverton
Thursday, Sept. 7	11:00 a.m. - Noon	St. Jude's Parish Center 633 South Walnut, Rochester
Friday, Sept. 8	Noon - 2:00 p.m.	Auburn Community/Senior Center 118 North 5th Street, Auburn
Monday, Sept. 11	10:30 a.m. - Noon	Greenview Community Center 114 Engle, Greenview
Tuesday, Sept. 12	10:30 a.m. - 12:30 p.m.	Athens City Hall 210 Dottie Bednarko Dr., Athens
Wednesday, Sept. 13	9:00 a.m. - Noon	Senior Center 701 West Mason, Springfield
Wednesday, Sept. 13	9:00 a.m. - 10:00 a.m.	Illioopolis Township Hall 407 Fifth Street, Illioopolis
Wednesday, Sept. 13	11:00 a.m. - Noon	Buffalo Community Center 600 S. Main, Buffalo
Thursday, Sept. 14	9:00 a.m. - 10:00 a.m.	Sangamon County Fairgrounds 316 West Birch, New Berlin
Thursday, Sept. 14	11:00 a.m. - Noon	Pleasant Plains Town Hall 200 West Fourth Street, Pleasant Plains
Tuesday, Sept. 19	9:00 a.m. - 11:00 a.m.	Divernon Hall 44 Dodds, Divernon
Tuesday, Sept. 19	12:00 p.m. - 1:00 p.m.	Unity Church - Southern View 417 Cordelia Street, Springfield
Wednesday, Sept. 20	9:00 a.m. - 11:00 a.m.	Williamsville Community Center 104 W. Main, Williamsville
Wednesday, Sept. 20	10:30 a.m. - 12:30 p.m.	Petersburg Senior Center Town Hall, 7th Street, Petersburg
Friday, Oct. 6	9:00 a.m. - 11:00 a.m.	Prairie Reception Center 202 South Grand, Rt. 4, Chatham
Thursday, Oct. 12	9:00 a.m. - 11:00 a.m.	Grandview Municipal Building Corner of Milton & Keys, Springfield
Friday, Oct. 13	9:00 a.m. - 10:00 a.m.	Villa West 100 Stardust Drive, Sherman