



## NEWS RELEASE

### Sangamon County Department of Public Health Announces Seasonal Flu Immunization Program, and advises the public to “Get your flu shot!”

August 30, 2018

The Sangamon County Department of Public Health (SCDPH) is offering seasonal influenza immunizations to the public starting September 10<sup>th</sup>, 2018 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 under the age of 65 who are not Medicare B or Medicaid recipients may also receive the influenza immunization for \$35.00. Those who are 65 years and older have the option of receiving the High-Dose influenza vaccination for \$60.00. 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, Harmony, Meridian, Illinicare, and Health Alliance.

The hours for walk-in clinics are as follows:

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

SCDPH will also provide flu immunizations to the residents of Springfield high rises and for numerous businesses. Information on vaccination clinic times and locations are also located on SCDPH’s website – [www.scdph.org](http://www.scdph.org). Employers are encouraged to call Kayla Porter at 535-3100 ext. 3786 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;
- 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 contact of persons at high risk for complications from flu, caregivers of children less than 6 months of age and healthcare workers.

Children ages 6 months through 8 years who have never received an influenza vaccine should receive 2 doses one month apart. A needle-free, Flu Mist nasal spray formula will be available this year.

Persons 65 years and older will again be given a choice between the quadrivalent seasonal flu vaccine and a trivalent High-Dose flu vaccine. The High-Dose vaccine is recommended for persons 65 years and older to help ramp up the immune system, since it contains 4 times the antigens as the standard vaccine. The High-Dose vaccine 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 best 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, to 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 2018-2019 formulation for Standard Quadrivalent influenza vaccine includes: A/Michigan, A/Singapore, B/Phuket, and B/Colorado (Maryland). High-Dose vaccine formula includes: A/Michigan, A/Singapore, and B/Phuket. Flu Mist nasal spray formula includes: A/Michigan, A/Singapore, B/Phuket, B/Colorado (Victoria)

Jim Stone, Director of Public Health for Sangamon County, advises people to “Be sure you know which flu vaccine you are getting. The Quadrivalent 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. If you have questions about which may be better for you, please contact your personal physician.”

Stone noted that “The CDC estimates more than 200,000 people are hospitalized for flu-related complications each year.” 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.

SCDPH Flu Program Phone line, 535-3100, then press 5, will list all locations, dates, and times of flu clinic sites.

**Sangamon County Department of Public Health  
FLU Immunization Clinics 2018**

<u>DATE/TIME</u>		<u>LOCATION</u>
Monday, Sep. 10 <sup>th</sup>	10:30am - 12 pm	Greenview Community Center 114 Engle, Greenview
Tuesday, Sep. 11 <sup>th</sup>	9 am - 10 am	Riverton Knights of Columbus 400 S. 4 <sup>th</sup> Street, Riverton
Tuesday, Sep. 11 <sup>th</sup>	11 am - 12 pm	St. Jude's Parish Center 633 S. Walnut, Rochester
Wednesday, Sep. 12 <sup>th</sup>	9 am - 11 am	Senior Center 701 W. Mason, Springfield
Wednesday, Sep. 12 <sup>th</sup>	9 am - 10 am	Illiopolis Township Hall 407 5 <sup>th</sup> Street, Illiopolis
Wednesday, Sep. 12 <sup>th</sup>	11 am - 12 pm	Buffalo Community Center 600 S. Main, Buffalo
Thursday, Sep. 13 <sup>th</sup>	9 am - 10 am	Sangamon County Fairgrounds 316 W. Birch, New Berlin
Thursday, Sep. 13 <sup>th</sup>	11 am - 12 pm	Pleasant Plains Town Hall 200 W. 4 <sup>th</sup> Street, Pleasant Plains
Friday, Sep. 14 <sup>th</sup>	9 am - 11 am	Pawnee Fire House 711 8 <sup>th</sup> Street, Pawnee
Friday, Sep. 14 <sup>th</sup>	12 pm - 2 pm	Auburn Community/Senior Center 118 N. 5 <sup>th</sup> Street, Auburn
Tuesday, Sep. 18 <sup>th</sup>	9 am - 11 am	Divernon Hall 44 Dodds, Divernon
Tuesday, Sep. 18 <sup>th</sup>	11:30 am - 1:30 pm	Petersburg Senior Center/Town Hall 7 <sup>th</sup> Street, Petersburg
Tuesday, Sep. 18 <sup>th</sup>	12 pm - 1 pm	Unity Church - Southern View 417 Cordelia Street, Springfield
Friday, Sep. 21 <sup>st</sup>	10:30 am - 12:30 pm	Athens City Hall 210 Dottie Bednarko Dr., Athens
Friday, Sep. 28 <sup>th</sup>	9 am - 11 am	Williamsville Community Center 104 W. Main, Williamsville
Friday, Oct. 5 <sup>th</sup>	9 am - 11 am	Chatham Village Hall 117 E. Mulberry St, Chatham
Friday, Oct. 5 <sup>th</sup>	9 am - 10 am	Villa West 100 Stardust Dr, Sherman
Thursday, Oct. 11 <sup>th</sup>	9 am - 11 am	Grandview Municipal Building Corner of Milton & Keys, Springfield