

# GRAYSON COUNTY HEALTH DEPARTMENT



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## Seasonal Influenza Vaccine Information

The following information has been gathered from the Centers for Disease Control and Prevention (CDC), the U.S. Department of Health and Human Services (HHS), and the Texas Department of State Health Services. The Grayson County Health Department's Public Health Preparedness Team would like to report the following information:

On August 31, 2009, the Grayson County Health Department will begin offering seasonal influenza vaccinations for ages 6 months and up. **Vaccination plans for the novel H1N1 influenza virus are forthcoming.** This year's seasonal influenza vaccine will be administered by Grayson County Health Department nursing staff Monday-Friday from 8 AM – 12 PM and 1 PM – 4 PM at 515 North Walnut, Sherman, Texas and at 205 North Houston, Denison, Texas. The cost to obtain your seasonal flu shot will be \$25.00 cash. Pneumonia shots will also be administered for \$40.00. The Grayson County Health Department will be accepting Medicare Part B and Medicaid, but will not accept managed care (HMO's).

Each year in the United States, seasonal influenza results, on average, in an estimated 36,000 deaths and 200,000 hospitalizations from flu related causes. Influenza (flu) is a contagious respiratory illness caused by the influenza virus. The virus attacks the nose, throat, and lungs. Symptoms of the flu include fever, headache, extreme tiredness, dry cough, sore throat, runny or stuffy nose, and muscle aches. The flu is spread when an infected person who has the flu coughs or sneezes and sends the flu virus into the air. Then the virus enters the nose, throat, or lungs of a person and multiplies. Flu can also be spread when a person touches the surface of an object that has the flu virus on it. Contraction of the flu can be prevented by vaccination. Therefore, the CDC, HHS, Texas Department of State Health Services and the Grayson County Health Department recommend that individuals receive their seasonal flu vaccination, especially those who care for infants less than 6 months of age (these children are too young to be vaccinated) and those who have medical conditions that place them at increased risk for serious influenza-related complications. People at high risk for complications from the flu include: pregnant women, people 50 years of age and older, people of any age with certain chronic medical conditions, people who live in nursing homes and other long term care facilities. The single best way to prevent the flu is to get a yearly flu vaccination. This year you may obtain your flu vaccination at the Grayson County Health Department. For more information, additional locations and times please contact Janis Furness, Public Health Preparedness Manager at (903) 465-2878 extension 239.