



South Central District Health

Keeping your family & community healthy
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NEWS RELEASE – FOR IMMEDIATE RELEASE

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District Health Schedules Seasonal Influenza Vaccination Clinics

South Central District Health (SCDH) reports that the annual Flu Season is approaching. SCDH will begin providing flu clinics the week of October 15. People may call their nearest office for an appointment beginning October 1. There is plenty of vaccine available this year.

Last year in Idaho, the flu season began in late November, peaked in mid-February, and lasted into April. There were nine flu-related deaths throughout the state and one in the eight county South Central Health District. This year, a case of influenza A has already been confirmed by Boise-based Central District Health. Seasonal flu vaccinations provide immunity to the most likely flu viruses for six months. It takes about two weeks after the vaccination for a person to be at full immunity.

This year, the Centers for Disease Control (CDC) and SCDH continue to emphasize seasonal flu shots for individuals who are at the most risk for serious complications from influenza. These include:

- Residents of nursing homes and long-term care facilities.
- Those with chronic long-term health problems including chronic lung disease (COPD, asthma, emphysema, etc.); congestive heart failure or congenital heart disease; diabetes or kidney dysfunction; sickle cell disease; or HIV.
- Women who will be at least three months pregnant during influenza season.
- Children between the ages of six months and five years (The first time children up to eight years of age receive influenza vaccine they need two shots, given one month apart, to develop immunity).
- People age 50 and over.

CDC and its Advisory Council on Immunization Practices (ACIP) emphasize that other groups also need seasonal flu vaccinations to prevent its spread. This is especially required by school age children, teachers, and health care personnel.

The FDA reports that the nasal influenza vaccine FluMist, may now be used in children ages two to five years. FluMist had previously been approved for use only in healthy children ages five, and older, and adults through age 49. Approval for use in younger children comes after three clinical trials verified its safety and effectiveness. According to the Director of the FDA's Center for Biologics Evaluation and Research, "The nasal spray offers parents and health professionals a needle-free option for squeamish toddlers." Because the studies showed increased risk for hospitalization and wheezing in children younger than two years, FluMist is not approved for use in this age group. It also should not be given to anyone with asthma or children younger than five who have recurrent wheezing. South Central District Health will have a limited supply of FluMist available upon request.

Besides SCDH influenza clinics, there are a variety of places to obtain flu shots this fall. Some locations include doctors' offices, pharmacies, large retail and grocery stores, and others.

FLU VACCINATION CLINICS SCHEDULE

Beginning Monday October 15, South Central District Health will have Flu Vaccination Clinics at each of its six offices. Appointments can be made beginning October 1 by contacting the nearest office.

- Blaine County call the Bellevue office: 788-4335.
- Camas County call the Gooding Office 934-4477
- Cassia County call the Burley Office 678-8221
- Gooding County call the Gooding Office 934-4477
- Jerome County call the Jerome Office, 324-8838
- Lincoln County call the Gooding Office, 934-4477
- Minidoka County call the Rupert Office, 436-7185
- Twin Falls County call the Twin Falls Office, 737-5966

South Central District Health (SCDH) will offer Flu Vaccination Clinics beginning October 15. People may call their nearest SCDH office to schedule an appointment beginning October 1. Appointments are necessary at all clinics. Clients are reminded to wear short sleeved clothing so it is unnecessary to roll up sleeves to receive the flu injection.

The following is a listing of Flu Vaccination Clinics being offered by SCDH in specific city areas.

CITY	DATE / TIME	PLACE	APPOINTMENT CALL
Albion	Wednesday, Nov. 14 9:30 – 11:30 a.m.	Albion Senior Center	Burley SCDH Office 678-8221
Bellevue	Tuesday, Oct. 16 Noon – 3 p.m.	District Health Office 117 East Ash St.	Bellevue SCDH Office 788-4335
	Wednesday, Oct 31 9a.m.-1p.m., 2- 6 PM.	District Health Office 117 East Ash St.	Bellevue SCDH Office 788-4335
	Wednesday, Nov.7 9a.m.-1p.m., 2- 6 p.m..	District Health Office 117 East Ash St.	Bellevue SCDH Office 788-4335
Burley	Wednesday, Oct. 24 & Nov 7 9-Noon & 1-4 p.m.	District Health Office 2311 Parke Ave., Unit 4	Burley SCDH Office 678-8221
	Thursday, Nov. 1 & 15 9-Noon	District Health Office 2311 Parke Ave., Unit 4	Burley SCDH Office 678-8221
	Friday, Oct. 19 & 26, Nov 9&16 9-Noon(& 1:30-4 PM, Oct 19)	District Health Office 2311 Parke Ave., Unit 4	Burley SCDH Office 678-8221
Carey	Monday, Oct. 22 10 a.m.-noon & 1 p.m.-3p.m.	Carey School	Bellevue SCDH Office 788-4335
Eden	Thursday, Oct. 18 9 a.m. - Noon	Senior Citizens Center 210 E. Wilson	Jerome SCDH Office 324-8838
Fairfield	Friday, Nov. 2 9 a.m. – Noon	Camas County Senior Center 129 W. Willow	Gooding SCDH Office 934-4477
Gooding	Tuesday, Oct. 30 1:30-4 p.m.	District Health Office 145 7 th Avenue E.	Gooding SCDH Office 934-4477
	Thursday, Nov. 1 1:30-4p.m.	Senior Citizen Org. 308 Senior Avenue	Gooding SCDH Office 934-4477
	Thursday, Nov. 1 1:30 – 4 p.m.	District Health Office 145 7 th Avenue E.	Gooding SCDH Office 934-4477
Hailey	Friday, Oct. 19 9 a.m. – Noon & 1-3 p.m.	Blaine County Senior Center 721 3 rd Avenue S.	Bellevue SCDH Office 788-4335
Hagerman	Monday, Nov. 5 9-Noon	Hagerman Valley Sr. Center 140 E. Lake	Gooding SCDH Office 934-4477
Jerome	Friday, Oct. 26 9 a.m. – Noon	Senior Citizen Center 212 1 st Avenue East	Jerome SCDH Office 324-8838
	Friday, Oct. 26 1:30 – 3:30 p.m.	District Health Office 951 East Avenue H	Jerome SCDH Office 324-8838
	Thursday, Nov. 8 & 29 8:30–11:30 a.m. & 1:30-4 p.m.	District Health Office 951 East Avenue H	Jerome SCDH Office 324-8838
Malta	Wednesday, Nov. 14 1:30 – 4:30 p.m.	Raft River Electric	Burley SCDH Office 678-8221
Oakley	Friday, Nov. 9 9 – 11:30 a.m.	Oakley Senior Center	Burley SCDH Office 678-8221
Richfield	Thursday, Oct. 25 9 a.m. - Noon	Richfield Senior Center 130 S. Main	Gooding SCDH Office 937-4477

Rupert	Tuesdays, Oct. 16 to Nov 13 9a.m. – Noon. & 1– 4 p.m.	District Health Office 1218 9 th St., Ste. 15	Rupert SCDH Office 436-7185
	Wednesdays, Oct .17 to Nov.7 (except Oct 31) 9a.m. – Noon. & 1– 4 p.m.	District Health Office 1218 9 th St., Ste. 15	Rupert SCDH Office 436-7185
	Thursday, Nov.8 8:30 – 11:30 a.m.	District Health Office 1218 9 th St., Ste. 15	Rupert SCDH Office 436-7185
	Fridays, Oct. 19 & 26 9-Noon	District Health Office 1218 9 th St., Ste. 15	Rupert SCDH Office 436-7185
Shoshone	Friday, Oct. 19 9 a.m. - Noon	Golden Years Senior Center 218 N. Rail St. W.	Gooding SCDH Office 934-4477
Twin Falls	Tuesday Clinics: Every Tuesday from Oct. 16 to Nov. 20 1:30 – 4 p.m.	District Health Office 1020 Washington St. N. (CSI Campus)	Twin Falls SCDH Office 737-5900
	Friday Clinics: Oct. 26, & Nov 9: 9- 11 a.m. Nov. 6: 1:30 – 4 p.m.	District Health Office 1020 Washington St. N. (CSI Campus)	Twin Falls SCDH Office 737-5900
Wendell	Unknown	Wendell Housing Assn. 105 West Avenue A	Gooding SCDH Office 934-4477

SEASONAL INFLUENZA HEALTH TIPS

Preventing the flu requires several important health measures. The single best way to prevent flu is to get vaccinated each fall. However, good health habits and antiviral medications can also help protect against the flu. Here are five measures people can practice to help prevent flu and keep it from spreading.

- Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.
- Stay home when you are sick. If possible, stay home from work, school, church, errands, and other places where people gather. You will help prevent others from catching the illness.
- Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.
- Clean your hands by washing often to help protect you from germs and spreading germs to others.
- Avoid touching your eyes, nose, or mouth. Germs are often spread when a person touches something that is contaminated with germs, then touches his or her eyes, nose, or mouth.

If you do come down with the flu, there are a few things that you can do to minimize flu effects and help you to a speedier recovery.

- Get plenty of rest.
- Drink lots of liquids
- Avoid using alcohol and tobacco.
- Take medications to relieve the symptoms of flu. In some cases, your doctor may choose to use certain antiviral drugs to treat the flu, depending on your age and health. Never give aspirin to children or teenagers who have flu-like symptoms, particularly fever, without consulting with your doctor.

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