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DATE: November 14, 2011
TO: Local Media
FROM: Lori DiPietro, Health Educator
Phone: (860) 721-2824

Please publish the attached press release as soon as possible. If you have any questions you may call me at 721-2824. Thank you.

Health District Celebrates National Influenza Vaccination Week with Extra Flu Clinics

Flu season is just around the corner, and now is the perfect time to get a flu shot. While cases of flu may appear earlier, influenza outbreaks typically occur in January and February in our region. The Centers for Disease Control and Prevention is proclaiming the Week of December 4 – December 10, 2011 as National Influenza Vaccination Week to raise public awareness that it is alright to get immunized against the flu in December and January. The Central Connecticut Health District is encouraging individuals who have not been inoculated yet this season to take advantage of the remaining public flu/pneumonia clinics the Health District will hold in December.

Who should receive a flu shot? Nearly everyone. While we think of the elderly and people with certain medical conditions as important groups to protect from the flu, beginning in 2000 the Centers for Disease Control began recommending that everyone over the age of 50 receive a flu shot. This is because about 1/3 of all people aged 50-64 have at least one high-risk condition. Vaccination also is recommended for people who are in close or frequent contact with anyone considered to be at high risk, such as people who work with young children, anyone working with patients in chronic care facilities (including nursing homes), women who will be pregnant during the flu season, all children age 6 months and older, adults who have chronic disorders of the pulmonary or cardiovascular system (including asthma), adults who have diabetes or kidney dysfunction, and anyone with a compromised immune system. The Health District encourages everyone to get a flu shot – **adults and children over the age of 4 years can be served at these clinics.**

Since influenza viruses change from year to year, it is important to get a new flu shot every year. The Central Connecticut Health District will sponsor flu clinics on **Thursday, December 1st and Tuesday, December 13th, 2011 from 3:30 pm – 5:30 pm at Wethersfield Town Hall, Council Chambers, 505 Silas Deane Highway, Wethersfield.**

The Central Connecticut Health District is offering flu vaccination for **anyone age 4 years and older, no residency requirements.** The Health District will bill all Medicare Part B plans, all ConnectiCare Plans and all Anthem plans. Participants **must** bring the card from one of the above plans to the clinic to receive their flu vaccination at no charge. The cost for all others is \$25, and a receipt will be provided upon request.

Pneumonia shots also will be available. The above mentioned insurance providers can also be billed for pneumonia shots by the Health District. The cost for all others is \$50 and a receipt will be provided upon request.

Participants are asked to wear short sleeves or loose-sleeved clothes.

Berlin, Newington, Rocky Hill and Wethersfield residents who are homebound may call the Health District at 860-721-2818 to arrange for a home visit. A recorded message with Health District clinic dates is also available by calling 860-721-2822 and choosing option 1, or by checking the Central Connecticut Health District's web site at www.ccthd.org.