



**Elizabeth Kizer**

**Apache County Public Health Director**

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### Seasonal Flu vaccines are now available in Apache County

The Apache County Health department closely monitors the events related to the H1N1 influenza in our county. We are working with Arizona Department of Health Services (ADHS) and federal partners to provide up to date information on the progression of the seasonal and H1N1 strains of the flu.

As we prepare for the upcoming flu season and the potential of a wide spread H1N1 flu pandemic it is the recommendation of Apache County Public Health and our partners that all eligible residents of Apache County receive the seasonal flu vaccine as soon as possible.

The Apache County Public Health Department will be offering seasonal flu vaccines beginning on Sept 12, 2009.

Every year in the Arizona, on average:

- 5% to 20% of the population gets the seasonal flu;
- more than 4,000 people are hospitalized from flu complications, and;
- about 700 people die from seasonal flu.

Some people, such as older people, young children, and people with certain health conditions, are at high risk for serious flu complications.(ADHS)

The single best way to prevent the flu is to get a flu vaccination each fall. There are two types of vaccines:

- The "flu shot" – an inactivated vaccine (containing killed virus) that is given with a needle. **The flu shot** is approved for use in people 6 months of age and older, including healthy people and people with chronic medical conditions.
- The nasal-spray flu vaccine – a vaccine made with live, weakened flu viruses that do not cause the flu (sometimes called LAIV for “Live Attenuated Influenza Vaccine”). LAIV is approved for use in healthy people 2 years to 49 years of age who are not pregnant.

About two weeks after vaccination, antibodies develop that protect against influenza virus infection. Flu vaccines will not protect against flu-like illnesses caused by non-influenza viruses.

Apache County will be holding our general public Seasonal Flu Vaccine Clinics at the following locations during the month of September

Date	Time	Location
Saturday September 12, 2009	9am-noon	St John’s Health Clinic
Saturday September 19, 2009	9am-4pm	RV Health Office
Tues-Thurs starting Sept 22	9am-noon 1pm-4pm	RV Health Office
Wednesdays starting Sept 23	1 pm-5 pm	St John’s Health Clinic

Please join us and get your seasonal flu vaccine at one of these clinics, bring your insurance card with you. Cost for seasonal vaccine for uninsured patients is \$25.00

For the most updated information on locations of clinics log on to [593info.org](http://593info.org) or visit [www.co.apache.az.us](http://www.co.apache.az.us) and look for the seasonal flu clinic link.

Clinics are located at:

St John’s Health Clinic

1200 W Cleveland Ste #9

St Johns AZ 85936

Round Valley Health office

323 S Mountain Rd

Springerville, AZ 85938

If you have questions please contact us at: 928-333-2415