



Waco-McLennan County Public Health District

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Flu Vaccine available at the Waco-McLennan County Public Health District

City of Bellmead

City of Beverly Hills

City of Bruceville-Eddy

City of Crawford

City of Gholson

City of Golinda

City of Hallsburg

City of Hewitt

City of Lacy-Lakeview

City of Leroy

City of Lorena

City of Mart

City of McGregor

City of Moody

City of Riesel

City of Robinson

City of Ross

City of Waco

City of West

City of Woodway

McLennan County

(September 29, 2011) Flu and Pneumonia shots will be available from the Waco-McLennan County Health District starting Monday, October 1st. There will be 3 types of vaccine at the Health District: traditional shot, the nasal spray and the new intradermal shot. The Intradermal shot uses a shorter needle and is injected under the skin instead of the muscle. The cost is \$20 - \$25 for an adult flu shot, \$14.85 for children 18 years of age and under. The Health District accepts Medicare Part B and Medicaid. The clinic is located at 225 W. Waco Dr. For more information you can contact the Immunization Clinic at 750-5410.

Clinic Hours

Monday	8:30-11:30	1:30-4:30
Tuesday	8:30-11:30	1:30-4:30
Wednesday	8:30-11:30	1:30-7:30
Thursday	8:30-11:30	1:30-4:30
Friday	8:30-11:30	

Second Saturday of each month from 10:00-12:00

Influenza or the flu is a serious disease caused by a virus that spread from infected persons to the nose or throat of others. Symptoms can include fever, cough, sore throat, headache, chills and muscle aches. Most people are ill with the flu for only a few days, but some get much sicker and may need to be hospitalized. Influenza caused thousands of deaths each year, mostly among the elderly. Individuals who think they have the flu should contact their health care provider.

The best time to get a flu shot is in October or November, but because flu season usually peaks between January and March, vaccination in December or even later can be beneficial.

The flu vaccine has been approved for everyone including children 6 months of age and older and pregnant women.

People who are at high risk for getting the flu should be vaccinated in October. High-risk individuals include:

- Persons aged 65 years and older, with and without chronic health conditions
- Residents of long-term care facilities
- Persons aged 2–64 years with chronic health conditions*
- Children aged 6–23 months
- Pregnant women
- Health-care personnel who provide direct patient care
- Household contacts and out-of-home caregivers of children aged <6 months

* Types of chronic health conditions include but are not limited to:

- ✓ Heart disease
- ✓ Kidney disease
- ✓ Lung disease
- ✓ Metabolic diseases like diabetes
- ✓ Blood disorders like anemia
- ✓ Neuromuscular disorders that can cause breathing problems
- ✓ Weakened immune system from cancer, cancer treatment, HIV/AIDS or steroid therapy

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