



**DALLAS COUNTY
DEPARTMENT OF HEALTH AND HUMAN SERVICES
OFFICE OF PUBLIC INFORMATION**

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DCHHS Offers Free Flu Shots

January 30, 2008 (Dallas) – Dallas County Health and Human Services announced today that their clinics will offer free flu shots to children and adults while their remaining supply lasts. “Our annual influenza surveillance network has detected a rise in flu cases across Dallas County that traditionally marks the official start of flu season”, said Zachary Thompson, DCHHS Director. “In response to the beginning of the flu season, DCHHS will begin offering free flu vaccinations to anyone who would like to still like to protect themselves and their loved ones against the flu,” said Zachary Thompson, DCHHS Director.

According to the CDC it is especially important for persons at risk of serious complications from influenza and persons who anticipate traveling out of the country be vaccinated. The high risk group includes people aged 50 years and older, anyone with chronic health conditions such as asthma, heart disease, diabetes or HIV/AIDS, pregnant women, health-care personnel who provide direct patient care, household contacts and out-of-home caregivers of children, and all children aged 6 to 59 months.

“Traditionally we see a rise in school and work absentees due to flu-like symptoms beginning in late January,” said Dr. John Carlo, DCHHS Medical Director. “This year, we are seeing the same pattern so we know that flu season has officially arrived in Dallas County.”

DCHHS also offers the following suggestions for reducing the spread of the flu: get your flu shot; stay home when you are sick and keep children home when they are sick; avoid close contact with those who are sick; cover your mouth and nose with your sleeve when you cough and sneeze; wash your hands frequently; and avoid touching your nose and mouth.

DCHHS offers flu shots for adults and children, as well as other routine childhood and adult immunizations, from 8 a.m. to 4 p.m., Monday through Friday on the first floor of the DCHHS building, 2377 N. Stemmons Freeway, Dallas, TX 75207. No appointment is necessary. For more information, call 214-819-2162 for information on adult vaccinations or 214-819-2163 for information on infant, children and adolescent immunizations.

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