

ONEIDA COUNTY HEALTH DEPARTMENT

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NEWS RELEASE

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For Immediate Release

Contact:

Oneida County Health Announces Adult Flu Clinic Schedule

Director: "Vaccine Offers Best Protection From Influenza"

The Oneida County Health Department will conduct adult flu immunization clinics beginning **Friday, October 25th from 1-3 pm** and continuing every Friday through the month of November, at the Utica clinic located at 406 Elizabeth Street Phyllis D. Ellis, Director of Health announced today. In addition, there will be adult flu immunization clinics in Rome at 300 W. Dominick Street on Tuesdays, October 29th, November 12th and November 26th from 11:00 am to 12-noon.

"The clinics will be on a 'walk-in' basis, requiring no appointment, and will offer the injectable adult trivalent vaccine that affords protection against three strains of influenza, including the novel H1N1 virus," Ellis said. She continued, *"Adults up to 49 years of age with no underlying medical conditions can also choose the Flu-Mist nasal spray vaccine which differs from the injectable in that it uses a live virus and protects against a fourth strain of the flu."*

For persons without acceptable private insurance or Medicare Part B, the cost for either vaccine is \$25.00. Children up to 19 years of age can receive the flu vaccine at any of the regularly scheduled 'walk-in' immunization clinics held on Mondays and Thursdays from 1-3:30 pm in Utica at 406 Elizabeth Street or on Tuesdays from 1-3 pm at 300 W. Dominick Street in Rome. To avoid waiting, children and accompanying adult(s) can schedule an appointment by going to the web site at ocgov.net.

"We encourage everyone over 6-months of age to get the flu vaccine, which offers your best protection from the flu," Ellis said. She continued, *"The Oneida County Health Department reminds everyone there are steps one can take throughout the flu season to help prevent the spread of influenza including practicing good respiratory hygiene, (covering coughs sneezes with the bend of your arm - never your hands), frequent and proper hand-washing, and staying home from work or school if you experience symptoms of the flu – and remaining home for 24 hours after your symptoms have subsided."*

For more information on seasonal flu or the flu vaccine, visit the health department's web site at www.ocgov.net/oneida/health or call the Oneida County Health Department at **798-5748**.