



Columbia County Department of Health

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For Immediate release:

REGULAR SEASONAL FLU GET THE FLU F.A.C.T.S

The Columbia County Health Department would like to remind the residents that it's time to get your **Regular Seasonal Flu Shot**. The flu is a contagious respiratory illness caused by the influenza virus that affects the lungs, throat, nose and other parts of the body. It can cause mild to severe illness, and at times can lead to death.

Symptoms of the flu can look a lot like a typical cold, but how do you tell the difference?

The **F.A.C.T.S.** are:

F-fever,

A-aches and pains,

C-cough,

T-tiredness and fatigue

S- sudden onset of symptoms.

Some people develop nausea and vomiting as well, but this not as common.

The flu is spread when an infected person coughs or sneezes, tiny droplets that land in another person's eyes, nose and mouth. Sometimes you can get the flu by touching surfaces that have the virus on it, then touching your eyes nose or mouth.

The single best way to prevent the flu is by being vaccinated against the flu. Good health habits like covering your mouth and nose while sneezing and coughing and washing your hands often and thoroughly can help stop the spread of germs.

The Health Department in an effort to use our staff and services more efficiently will be reorganizing our community Flu clinics. The regular seasonal flu vaccine clinics will be for Columbia County residents 19 years and older. Children aged 6 months to 18 years of age will be offered the flu vaccine at the regularly scheduled Immunization clinics every Monday and Tuesday from 1-4 pm at the Health Department located at 325 Columbia Street Hudson NY on the 1st floor. Flu shots for persons 19 or older will be offered at the Health Department after all the community clinics are finished.

Regular Seasonal Community Flu Clinics are scheduled as follows:

**Tuesday October 13, 2009 at the Copake Town Hall 230 Mountain View Road
9:30 -11:00 am for the residents of: Copake, Hillsdale, Ancram, and including the
Roe Jan Nutrition Site**

**Tuesday October 13, 2009 at the Livingston Town Hall 119 County Route 19
1:00 -2:30 pm for the residents of: Livingston, Germantown, and Taghkanic**

**Wednesday October 14, 2009 at the Elks Club Harry Howard Avenue Hudson
9:00 – 11:00 am for the residents of: Hudson and Greenport.**

**Saturday October 17, 2009, Clinic for Seniors only
9:30 – 12:30 Golden Gathering Columbia Greene Community College**

**Tuesday October 20, 2009 at the Kinderhook Elks Lodge 9-H Kinderhook
10:00 – 12:00 Noon for the residents of Kinderhook and Stuyvesant.**

**Wednesday October 21, 2009
10:00 - 11:30 am Philmont Nutrition Site 93 Main Street**

**Wednesday October 21, 2009 Ghent Town Hall Route 66
1:00 – 2:30 pm for the residents of Ghent and Chatham**

**Wednesday November 18, 2009
10:30 – 12:00 Noon Canaan Town Hall 1647 County Route 5 South**

- **The Health Department will accept Medicare Part B and Blue Shield of North East New York, Senior Whole Health, and Today's Options.**
- **Individuals must bring their cards to the clinics for verification.**

All others are expected to pay a \$25.00 administration fee for the flu shot no debit or credit cards please cash or checks accepted.

Talk to your doctor before getting the flu shot if you: ever had a serious allergic reaction to eggs or to a previous flu shot, or have a history of Guillain-Barre Syndrome.

- Pneumonia Vaccine will also be available at the community clinics to individuals 65 or older. Medicare Part B or Blue Shield of Northeast NY, Senior Whole Health and Today's Options insurances will only be accepted for the shots. All others are expected to pay a 45.00 fee for the shot.

Information will also be available on the Columbia County Health Department web site at www.columbiacountyny.com click on the health box for the home page.

For More information you can contact the Health Department at (518) 828-3358 extension 1300.