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(This Press Release is outdated. The flu vaccination distribution has been expanded. Please see the [UPDATE](#).)

COUNTY OF RIVERSIDE TO DISTRIBUTE FLU VACCINATIONS

Vaccination clinics will be set up around the County to offer vaccine to high-risk residents

RIVERSIDE, CA – Responding to a shortage of influenza vaccinations, the Riverside County Department of Public Health (DOPH) announced today that it is taking steps to protect local residents most at risk of flu-related health threats.

On **November 4, 2004**, the County will begin distributing its allotment of flu vaccine to high-risk residents at vaccination clinics located throughout Riverside County. See the Flu Clinic Schedule. Additional clinic dates and sites will be published once finalized.

Due to the Public Health Order, only high-risk adults will be vaccinated at these clinic sites. These include:

- Adults ages 65 years and older
- Persons with underlying chronic medical conditions
- Women who are pregnant during the influenza season
- Residents of nursing homes and long-term care facilities
- Healthcare workers involved in direct patient care

Children 9-years and younger will be seen at Immunization Outreach clinics and family care centers.

Vaccinations will be distributed to high-risk residents on a first come, first serve basis. Each clinic site has a limited number of doses of vaccine. This is to ensure vaccine is available throughout Riverside County.

“The County is working hard to make sure every dose of flu vaccine is getting to those who need it most,” said Dr. Gary Feldman, Riverside County’s Public Health Officer. “While many of us would like a flu shot to avoid the inconvenience of being sick during flu season, there are a significant number of individuals whose lives could be at risk if they don’t receive this vaccination. We have to focus on them first.” It is also important that individuals who meet criteria receive pneumonia vaccine. This includes a pediatric formulation and one designated for persons 65-years and older.

Dr. Feldman said those who do not fall into one of the at-risk categories are encouraged to put extra emphasis this year on practicing good hygiene and taking preventative steps to stop the spread of influenza. These practices include:

- wash hands often
- stay healthy by eating healthy foods, drinking plenty of water, exercising, getting plenty of rest and not smoking
- avoid close contact with people who are sick
- avoid touching your eyes, nose or mouth

- cover mouth and nose with a tissue when coughing or sneezing
- stay home from work or school if you have a fever
- sick individuals should take appropriate precautions when going to their doctor or clinic to reduce the risk to others

“At a time when we are regrettably short of medicine, every person can play an important role in preventing the spread of the flu by following the practices outlined above,” Feldman said.

Riverside County received a little more than half of the usual annual allocation of flu vaccine it was given last year. Dr. Feldman said the County will continue to work with the California Department of Health Services to identify potential sources of additional vaccinations.

“The County of Riverside and the health care community are doing everything in our power to work around this shortage and protect those at greatest risk,” he said.

For more information on the vaccination clinics, please visit our website at <http://www.rivcoph.org/disease/imms.htm#flusched> or call us at 1-(888) 246-1215.