

The Ulster County Health Department will hold its annual seasonal influenza and pneumococcal vaccination clinics at several locations throughout the county beginning on Monday, September 28, 2009. No appointments are necessary, and county residents may attend any site which is convenient.

The locations, dates and times for the clinics are attached.

All Ulster County adult residents aged 18 and over, who want to reduce their risk of becoming ill with influenza or of transmitting influenza to others are encouraged to receive the seasonal flu vaccine. The high-risk group is particularly encouraged which, includes people 50 and over, as well as adults aged 18 and over who have heart disease, chronic broncho-pulmonary disease, renal disease, diabetes mellitus, other chronic metabolic disorders, severe anemia and/or compromised immune function, and others who are at risk of influenza-related conditions such as pregnant women. Influenza vaccine is also recommended for home care providers and others (including household members) who may be in close contact with high-risk individuals.

Senior citizens who have Medicare Part B benefits will be able to obtain their vaccinations through Medicare. The recipient must be entitled to Part B coverage on the date of service, Medicare Part B must be the primary insurance coverage, and the Medicare Card must be presented on the date of service. For those not eligible for Medicare Part B coverage, there will be a \$20.00 charge for influenza vaccination and a \$35.00 charge for pneumococcal vaccination, payable at the clinic. County residents enrolled in Medicare Managed Care programs should consult with their primary care physician prior to presenting at one of the Health Department's sites.

Seasonal influenza, commonly known as the "flu," is a highly contagious disease. Its symptoms include fever, chills, headache, sore throat, runny nose and body aches. While most people fully recover from the flu in two to seven days, older adults are particularly vulnerable to dangerous complications, such as pneumonia, that may develop after infection with the flu.

Influenza vaccine is composed of killed influenza virus, so those who receive the immunization cannot get influenza from the vaccine. The 2009-2010 vaccine which will be administered contains A/Brisbane (H1N1-like), A/Brisbane (H3N2-like), B/Victoria lineage antigens. Individuals who were immunized last year are **NOT** protected against this year's type, and should receive the new vaccine.

For recorded information about dates and times, please call the Ulster County Health Department Flu Hotline at **340-3093**.

ULSTER COUNTY HEALTH DEPARTMENT
2009 SEASONAL FLU & PNEUMONIA CLINIC SCHEDULE

<u>DATE</u>	<u>TIME</u>	<u>LOCATION</u>
09/28/09	9 a.m. - 12 p.m.	St. John's Episcopal Church 207 Albany Avenue Kingston
10/02/09	9 a.m. - 12 p.m.	Trudy Resnick Farber Building 50 Center Street Ellenville
10/05/09	9 a.m. - 12 p.m.	VFW Post 8645 101 Rte. 208 New Paltz
10/07/09	9 a.m. - 12 p.m.	Town Hall 1 Town Hall Drive Lake Katrine Town of Ulster
10/09/09	9 a.m. - 12 p.m.	Town Hall 284 Broadway Port Ewen
10/15/09	9 a.m. - 12 p.m.	Saugerties Senior Center 207 Market Street Saugerties
10/16/09	9 a.m. - 11 a.m.	Wallkill Fire Department 18 Park Avenue Wallkill
10/19/09	9 a.m. - 12 p.m.	Hurley Reformed Church 11 Main Street Hurley
10/21/09	9 a.m. - 12 p.m.	Woodstock Rescue Squad Building 226 Tinker Street, Rte. 212 Woodstock
10/27/09	9 a.m. - 12 p.m.	Ashokan Legion Hall 26-28 Mountain Road Shokan