



NEWS RELEASE

October 31, 2017

Take Three Steps to Fight the Flu

Epidemiologists recommend flu shots, hand hygiene and protecting those around you

Oklahoma City, Okla. – [Oklahoma City-County Health Department](#) (OCCHD) reminds residents as we move further into flu season that a seasonal flu shot is the best way to prevent or reduce the impact of flu.

“Take 3” Actions to [Fight the Flu](#):

1. Receive a yearly flu vaccine.
2. Frequently wash your hands, cover coughs, and avoid contact with sick people.
3. If you think you might have the flu, get to your doctor as soon as possible. Your doctor may prescribe flu antiviral drugs for you.

OCCHD Epidemiologists advise the current flu vaccine can keep you from getting the flu, make the illness less severe if you do get it, and keep you from spreading the virus to family and friends.

The flu vaccine is recommended for everyone over six months of age and are approved for use in pregnant women and people with chronic health conditions. There are flu shots specifically for use in people as young as 6 months of age and older.

The cost for the flu shot is \$25. Payment can be made in the form of cash, check or credit card. The vaccine is available at no cost for those who qualify for Vaccines for Children (VFC) program. OCCHD accepts Blue Cross Blue Shield, Health Choice, Medicare, SoonerCare and Medicaid for immunizations. Make sure to bring your insurance card and a photo ID when coming to get the vaccine.

Flu is a contagious disease that spreads around the United States every fall and winter. It is spread mainly by coughing, sneezing, and close contact. Symptoms include: fever, chills, sore throat, muscle aches, fatigue, cough, headache and runny or stuffy nose. Persons at high risk of serious complications from flu including children younger than 5, senior citizens, and those with asthma, diabetes or other chronic conditions.

Vaccines will be offered on a walk-in basis Mondays through Thursday from 8:00 a.m. – 4:00 p.m. and Fridays from 8:00 a.m. – noon at the following OCCHD clinic locations:

- OCCHD Gary Cox Partner Building – 2700 N.E. 63rd Street, OKC – 419-4200
- South Regional Health Campus – 2149 S.W. 59th Street, OKC – 419-4119
- OCCHD West Clinic – 4113 N.W. 10th Street, OKC – 419-4150

About Oklahoma City-County Health Department

Established in 1954, Oklahoma City-County Health Department (OCCHD) is committed to protecting health, promoting wellness and preventing disease to ensure a healthy future for the Oklahoma County-area community. OCCHD was one of the first public health departments in the nation to receive accreditation by the Public Health Accreditation Board. For more information, please visit www.occhd.org.

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