



**For Immediate Release:** 9.29.04

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**As Flu Season Approaches, Vaccination Recommended**

Residents are urged to take advantage of flu immunization clinics offered during October and November by the Oak Park Department of Public Health. Twelve clinics will be held at 11 locations throughout the Village.

Flu season begins in November and lasts through spring, so the best protection is vaccination in the fall. Annual vaccination is necessary because flu viruses change and a new vaccine is developed each year to protect against the particular virus that will be circulating. Recipients should not fear catching the flu from the shot since the vaccine is made from killed viruses.

The Centers for Disease Control and Prevention (CDC) recommends an annual flu shot for all children ages six to 23 months, people age 50 and older, adults and children who have a long-term heart, lung or kidney problem, and anyone else who wishes to reduce the risk of getting the flu. The Health Department also will provide the flu vaccination to pregnant women who are at least 14 weeks pregnant. Individuals over the age of 65 and the chronically ill can receive a pneumococcal (pneumonia) vaccination.

Cost of the flu vaccine is \$20 for Village residents and \$25 for non-residents. The cost of the pneumococcal shot is \$25 for Village residents and \$30 for non-residents.

Medicare B covers the cost of both the flu and pneumococcal vaccines, but recipients must bring their Medicare card to the clinic to demonstrate eligibility. Medicare recipients who are part of an HMO should check with their insurer before visiting a clinic because these individuals may be required to get flu and pneumococcal shots from their own HMO doctor in order to be covered.

For more information on the clinics contact the Health Department at 708.358.5486 or by email [health@oak-park.us](mailto:health@oak-park.us).

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Flu Shot Clinics  
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### Clinic Schedule

Mon., Oct. 4, 1 - 4 pm  
Dole Center, 255 Augusta St.

Wed., Oct. 6, 1 - 4 pm  
Heritage House, 201 Lake St.

Thurs., Oct. 7, 1 - 4 pm  
Oak Park Fire Department  
100 N. Euclid Ave.

Mon., Oct. 11, 3 - 7 pm  
Oak Park River-Forest High School  
201 Scoville Ave.

Mon., Oct. 18, 1 - 4 pm  
Holley Court, 1111 Ontario St.

Wed., Oct. 20, 1 - 4 pm  
The Oaks, 114 S. Humphrey Ave.

Thurs., Oct. 21, 5 - 7 pm  
Oak Park Health Department  
320 Lake St.

Mon., Oct. 25, 1 - 4 pm  
Oak Park Township, 5<sup>th</sup> Floor  
408 S. Oak Park Ave.

Thurs., Oct. 28, 1-4 pm  
Oak Park Fire Department  
100 N. Euclid Ave.

Mon., Nov. 1, 1 - 4 pm  
Oak Park Arms, 408 S. Oak Park Ave.

Wed., Nov. 3, 1 - 4 pm  
Mills Park Tower, 1025 Pleasant St.

Thurs., Nov. 4, 3 - 7 pm  
Oak Park Conservatory, 615 Garfield St.

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