



For Immediate Release: 9.26.2001

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### **Flu and Pneumococcal Shot Clinics to Begin Oct. 18**

Oak Park Department of Public Health officials are urging residents over 65 and anyone with a chronic illness to take advantage of the Village's annual flu and pneumococcal immunizations clinics scheduled for October and November at eight locations throughout the Village.

"Each year, influenza, commonly known as 'the flu', causes 20,000 deaths in the U.S. alone. Most of these deaths are among adults 65 and older," said Health Director Georgeen Polyak, PhD. "Because flu usually strikes from November to spring, the best protection is vaccination in the fall."

Dr. Polyak explained that an annual shot is necessary because flu viruses change from year to year. A new flu vaccine is developed each year to protect against the particular virus that will be circulating, she said.

The Oak Park Health Department will offer flu and pneumococcal immunizations at the following sites and times:

- ?? **Oak Park Fire Department**, 100 N. Euclid Ave., 1-4 p.m., Thursdays, Oct. 18 and 25, and Nov. 1 and 8.
- ?? **Oak Park Township Senior Services**, Senior Lunch Program, 5<sup>th</sup> floor, 408 S. Oak Park Avenue, 1-4 p.m., Monday, Oct 22.
- ?? **Mills Park Tower**, 1025 Pleasant Place, 1-4 p.m., Wed., Oct 24.
- ?? **Heritage House**, 201 Lake St., 1-4 p.m., Mon., Oct 29.
- ?? **Holley Court Terrace**, 1111 Ontario Ave., 1-4 p.m., Mon., Nov. 5.
- ?? **The Oaks**, 114 S. Humphrey Ave., 1-4 p.m., Wed., Nov. 7.
- ?? **Oak Park Department of Public Health**, 320 Lake Street, 5-7 p.m., Thursdays, Nov. 8 and 15.
- ?? **Oak Park Arms**, 408 S. Oak Park Ave., 1-4 p.m., Wed., Nov. 14.

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## Flu Shot Clinics 2-2-2

An annual flu shot is recommended for everyone over 65 years of age as well as anyone who has a serious long-term health problem including heart, lung or kidney disease, or who cares for the elderly or chronically ill. Children and teenagers who are on long-term aspirin therapy also should get a flu shot. Parents who wish to have their children immunized for flu at a Village clinic should contact the Health Department for further information.

The Centers for Disease Control recommends one shot of pneumococcal vaccine for everyone over 65.

The cost of both flu and pneumococcal shots are covered by Medicare B, 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 Village clinic. These individuals may be required to get flu and pneumococcal shots from their own HMO doctor in order to be covered. The cost of the flu shot for non-Medicare recipients will be \$12 for Village residents and \$20 for non-residents. The cost of the pneumococcal shot will be \$20 for residents and \$30 for non-residents.

Dr. Polyak said that individuals should not fear catching the flu from the shot since the vaccine is made from killed viruses. She said the only side effect might be soreness or redness at the site of the flu shot, which usually goes away in a day or two.

For more information, contact the Health Department at 358.5480.

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