



Charlie Crist  
Governor

Dr. Ana M. Viamonte Ros.  
State Surgeon General

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***FOR IMMEDIATE RELEASE***

Contact:

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**Hillsborough County Health Department to Offer Flu Shots Beginning October 1**

Flu season has begun, and can continue through February or later. Influenza (the flu) is a contagious and potentially serious illness that can lead to hospitalization and even death. Flu vaccines (“flu shots”) are safe, effective and cannot cause the flu.

Health officials recommend flu shots for everyone, and especially for individuals in the following groups:

- Individuals age 50 and older;
- Residents of and staff of long-term care facilities;
- Persons with chronic medical conditions and their household contacts;
- Beginning with the 2008--09 influenza season, annual vaccination of all children aged 5--18 years is recommended.
- Children aged six months to five years of age, their household contacts and out-of-home caregivers;
- Pregnant women or women who will be pregnant during flu season;
- Health care personnel; and
- Household contacts and out-of-home caregivers of children less than six months of age.

You can get a flu shot at your own doctor’s office, area walk-in clinics, at flu shot events hosted by local supermarkets and other public places or at the Hillsborough County Health Department. There are seven Hillsborough County Health Department centers:

1. Main Immunization Clinic: 4951 B E. Adamo Dr. Suite 210 Tampa, FL 33605 (813)307-8077
2. Sulphur Springs Health Center: 8605 N. Mitchell Ave. Tampa, FL 33604 (813)307-8054
3. North Hillsborough Health Center: 9827 N. Sheldon Rd. Tampa, FL 33615 (813)307-8053
4. University Area Health Center: 13601 N. 22<sup>nd</sup> St. Tampa, FL 33613 (813)307-8058
5. Floyd Kelton Health Center: 4704 B. W. Montgomery Ave. Tampa, FL 33616 (813)307-8055
6. Joyce Ely Health Center: 205 14<sup>th</sup> Ave S.E. Tampa, FL 33570 (813)307-8056
7. Plant City Health Center: 302 N. Michigan Ave Plant City, FL 33566 (813)307-8057

The cost of a flu shot at the Health Department is \$25.00.

Pneumonia vaccines will also be available for \$35.00 Bring your Medicare card, and a photo ID if paying by check or credit card. As supplies are available, the Hillsborough County Health Department will offer flu shots on a walk-in basis from 8:00 a.m. to 4:00 p.m., Monday through Friday starting Monday, October 1, 2008.

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**Hillsborough County Health Department • Immunization Program**

4951 B E. Adamo Dr. Suite 210 • Tampa, FL 33605

Tel: 813-307-8077 Fax: 813-274-1940



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Call the Health center nearest you to check supply on the day you plan to go in for a flu shot. You can also call our flu shot hotline at 813-307-8073 for current information. Information will also be available on our website at <http://hillscountyhealth.org>

In addition to vaccination, you can also reduce your risk of contracting respiratory infections by following a few simple steps:

- Wash your hands often with soap and water or an alcohol-based hand cleanser. Teach your children to do the same.
- Avoid touching your eyes, nose or mouth.
- Stay home when you are sick and keep sick children home.
- Avoid crowds – where people are likely to be coughing and sneezing.
- Do not share eating utensils, drinking glasses, towels or other personal items.
- Cover your nose and mouth with a tissue when you cough or sneeze, then put used tissues in a waste container and wash your hands. If you do not have a tissue, cough or sneeze into your sleeve.

**For more information, visit <http://hillscountyhealth.org>.**