

**Sept. 20, 2010**

**Media contact:** Dianne Shipley, 941-861-2852; cell 941-302-1058; Dianne\_Shipley@doh.state.fl.us

**MEDIA NOTE:** A comprehensive list of over 40 additional [One-Time Flu Shot Clinics for the Public](#) is provided online at [www.sarasotahealth.org](http://www.sarasotahealth.org) and is also included as a PDF attachment.

## Health officials encourage residents to get protection from seasonal flu viruses

Health officials say now is the time to get your seasonal flu shot. The seasonal flu vaccine protects against three different viruses, including the H1N1 flu. People who get vaccinated against seasonal flu can expect to have immunity within two weeks of vaccination. Health officials say that the protection you get from the vaccine will continue throughout the flu season.

Seasonal flu shots are available throughout Sarasota County. Among those providing numerous flu shot opportunities are Sarasota Flu and Pneumonia Coalition partner organizations, A Familiar Face Home Health Services, All Purpose Health, Nokomis Walk-In, Sarasota Health Care Services, Sarasota Family Medical Walk-In, Sarasota Immediate Care Walk-In, Visiting Nurses Association, CVS and Walgreens.

The cost varies from \$20 to \$35, depending on the provider. The exception is the Fluzone High-Dose vaccine, which the Centers for Disease Control and Prevention (CDC) recommend for adults 65 and older. The Fluzone High-Dose costs more, and some -- but not all -- providers carry it. The pneumonia vaccine is about \$45-\$50. Cash or check is accepted. If you have Medicare B, bring a copy of your card with you.

A [drive-through seasonal flu shot clinic](#) is available (listed below), providing ease for people using oxygen or who have difficulty walking, parents with small children, and anyone who prefers the drive-through convenience.

### **Wednesday, Sept. 29; 10 a.m.-noon – drive-through clinic**

The Sahib Temple  
600 N. Beneva Road, Sarasota  
(Please enter from 17<sup>th</sup> Street to Circus Boulevard.)  
Provider: Sarasota Health Care Services

Those who plan to use the drive-through flu shot clinic can obtain an Authorization Form and complete it in advance. These forms are available at [www.sarasotahealth.org/flu](http://www.sarasotahealth.org/flu). Blank forms also will also be available on-site the day of the drive-through for completion.

Sarasota County Flu and Pneumonia Coalition walk-in clinic partners will continue offering **seasonal flu and [pneumonia](#) vaccinations** at the following locations:

### **A Familiar Face Home Health Services, Inc.**

5899 Whitfield Ave., Suite 107  
941-355-9474  
Monday-Friday, 8:30 a.m.- 5 p.m.

**By appointment only** – pneumonia shots, flu shots and Fluzone High-Dose vaccine upon request  
**Adults only**

**Nokomis Walk-In Clinic**

621-623 Tamiami Trail, Nokomis

941-485-5645

Monday-Friday, 8 a.m.-5 p.m.

Wednesday: 8 a.m.-noon

**Adults and children 9 years and older**

**Sarasota Family Medical Walk-In**

6813 S. Tamiami Trail, Sarasota

941-923-5861

Monday-Friday, 8 a.m.-5 p.m.

Saturday and Sunday, 10 a.m.-2 p.m.

**Adults and children 4 years and older**

**Sarasota Immediate Care Walk-In**

7005 S. Tamiami Trail, Sarasota

941-870-4440

Monday-Friday, 7 a.m.-7 p.m.

Saturday, 8 a.m.-5 p.m.

**Adults only**

Local CVS and Walgreens stores also are offering flu shots. Check with your local store for hours and cost.

For a daily schedule of season flu shot clinics, call the Sarasota County Health Department's flu information line at 941-861-2800 or visit their website: [www.sarasotahealth.org](http://www.sarasotahealth.org). This information is also available for those who do not have access to a computer at touch-screen health kiosks at the Sarasota County Health Department, Senior Friendship Centers and all local libraries. Those who are hearing-impaired can call the Sarasota County Call Center, TDD line, at 941-861-1833.

In addition to getting a vaccination (flu shot), you can help protect yourself against the flu by following these simple steps:

1. Wash your hands frequently with soap and water or an alcohol-based hand cleaner.
2. Cover your coughs and sneezes with your elbow or a tissue, or the inside of your elbow, not your bare hand.
3. Stay at home when you are sick. Keep sick children home. Stay home until free from fever at least 24 hours (without the use of fever-reducing medicine).

-end-