



Oct. 7, 2005

www.houstonhealth.org

Contact: Kathy Barton
713-794-9998
Porfirio Villarreal
713-794-9021

HDHHS to provide flu shot for high-risk groups

The Houston Department of Health and Human Services (HDHHS) will begin providing flu shots to people at high-risk of developing a serious case of influenza or influenza-related complications on Monday, Oct. 10.

At-risk people who are eligible to receive a flu vaccine from HDHHS include:

- people aged 65 years and older, with and without chronic health conditions
- residents of long-term care facilities
- people aged 2–64 years with chronic health conditions
- children aged 6–23 months
- pregnant women, and
- household contacts and out-of-home caregivers of children less than 6 months of age.

HDHHS will offer the vaccines at its health centers. To find the nearest health center people in the high-risk groups can, call 713-794-9267 or the city's 311 information line or visit www.houstonhealth.org on the Internet.

HDHHS offers vaccines on a sliding scale basis ranging from free to \$15.

Caused by different viruses, the flu is a contagious disease that results in symptoms such as fever, headache, tiredness, cough, nasal congestion, sore throat and body aches. Most people recover in one to two weeks, but some develop complications such as pneumonia, bronchitis and sinus and ear infections.

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