

What to Expect | 2010-2011 Flu Season

Questions and Answers | Patient Information



What will this flu season bring?

According to the Centers for Disease Control and Prevention (CDC), current flu activity in the U.S. is about the same as is normally seen during the summer. Only a small number of flu cases are being reported, most of which are 2009 H1N1. Flu is unpredictable, but sporadic cases caused by either 2009 H1N1 or seasonal flu viruses will likely continue to occur.

Who should get a flu shot?

This year, it's recommended that all people 6 months of age and older get immunized against flu. Unlike last year, people age 9 and over only need a single shot of flu vaccine to protect against three strains of the flu, including the 2009 H1N1 virus.

Some children 6 months to 8 years of age may require two doses of this year's flu vaccine. For questions, contact your health care provider, or call the Spokane Regional Health District's Public Health Clinic at (509) 324-1600.

When should I get my flu shot?

As soon as vaccine is available.

Where do I get vaccinated?

Vaccinations, in both the nasal mist and shot form, will be offered by many local health care provider offices and pharmacies. SRHD typically receives its vaccine in mid- to late September.

SRHD Public Health Clinic

- ◆ When vaccine is available, appointments can be made at our SRHD Public Health Clinic by calling (509) 324-1600.
- ◆ The public health clinic price for a flu shot, adult or child, is \$25. There is a sliding-scale fee for children's vaccinations based on family size and family income.
- ◆ We will also be offering the new high-dose vaccine for those 65 years and older for \$45.

Walk-In Immunization Clinics

We will offer several community clinics in October and November, to be held at several local schools. Vaccine is free to children 18 years and younger, and \$10 for adults. Dates and locations will be made available soon at www.srhd.org, as well as on the SRHD flu hotline at (509) 324-1643, please check back regularly.

Will there be a vaccine shortage?

The CDC reports that manufacturers expect to produce about 170 million doses of the new seasonal vaccine, which is higher than the 100 million doses offered in a typical flu season, but lower than the nearly 200 million doses of H1N1 vaccine ordered by the government last year. SRHD believes there will be sufficient quantity of vaccine to meet the needs of Spokane County residents.

Can you tell me more about this year's new high-dose vaccine?

For those 65 years and older, a new high-dose vaccine is available this year, intended to create a stronger immune system response. The SRHD Public Health Clinic will offer this vaccine when it becomes available. For more information visit: http://www.cdc.gov/flu/protect/vaccine/qa_fluzone.htm

Tips for Preventing Cold and Flu:

- ◆ Get a flu shot each year.
- ◆ Wash your hands often with soap and warm water, or use an alcohol-based hand sanitizer.
- ◆ If you don't have a tissue, cough or sneeze into your sleeve/elbow.
- ◆ Cover your nose and mouth with a tissue when you sneeze, cough or blow your nose. Wash your hands after disposing of the tissue.
- ◆ Regularly clean surfaces in your home that are touched often, like light switches, doorknobs, faucets and appliance handles.
- ◆ Don't share food, utensils, beverages, towels, lipstick, toys, cigarettes or anything else that might become contaminated with germs.
- ◆ Avoid touching your eyes, nose or mouth. Germs can spread by touching them.
- ◆ Avoid close contact with sick people. Most germs are spread when a sick person coughs, sneezes or talks.
- ◆ Stay at home if you have a cough or fever.
- ◆ Wear a mask in a medical office if asked.
- ◆ Always follow your health care provider's instructions and take medicine as prescribed.

More Information...

SRHD Local Flu Hotline (509) 324-1643

Find a Flu Shot. www.flucliniclocator.org

CDC seasonal flu information www.cdc.gov/flu

WA State Dept. of Health www.doh.wa.gov/FluNews