

For Immediate Release
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Flu Shot Provider List Posted

Currently, Harris County Public Health and Environmental Services (HCPHES) **does not** have any flu vaccine and only a few Houston Department of Health and Human Services health centers still have vaccine. However, HCPHES has identified local health care professionals who may have extra flu vaccine and are willing to provide flu shots to people on the flu vaccine priority list. For a list of these providers go to found at <http://www.harriscountyhealth.com> and click on "Where Can I Get a Flu Shot?"

We have had a mild flu season so far this year but it is important to remember that our flu season typically lasts through March and has even extended into April during some years. As everyone knows, the flu is contagious and comes on suddenly. But what you may not realize is that your symptoms don't usually begin until one to four days after the virus has entered your body. So, you could infect loved ones days before you even realize you are sick.

While most healthy people recover from the flu without any problems, some, such as those aged 65 years or older, children under 2 years of age, pregnant women, residents of nursing homes and other chronic-care facilities, children and teens receiving long-term aspirin therapy, and people of any age who have chronic health problems are at high risk for serious complications from the flu. Complications caused by the flu include bacterial pneumonia, dehydration, and worsening of chronic medical conditions, such as congestive heart failure, asthma, or diabetes. The best way to prevent the flu is to get a **flu vaccine**. It is a small price to pay to protect yourself and your loved ones. For more information on the flu go to <http://www.harriscountyhealth.com>.