

Flu Season is Around the Corner, Schedule Flu Shots Starting October 13, 2014

The Pinal County Public Health Services District will begin providing flu vaccine to the public on October 22, 2014. Adults can receive a flu shot by appointment only. We will begin scheduling appointments starting Monday, October 13, 2014 and continuing through October 31, 2014. Children can receive a flu shot without an appointment.

In order to schedule appointments for adults, please call toll free 1-888-431-1311, Monday through Friday between the hours of 8:00 am and 5:00 pm.

Insurance plans will be billed for those with coverage. Children's flu vaccine is free for those under the age of 19. Adult flu vaccine for those that are uninsured or underinsured is free upon verification of eligibility.

Adults that are unable to schedule an appointment, the opportunity to receive a flu shot as a "walk-in" will be available on the following days beginning November 1, 2014:

Kearny – 3rd Wednesday 8:00 am-6:00 pm

Mammoth – Thursdays 8:00 am-6:00 pm

Superior – 2nd Wednesday 8:00 am - 6:00 pm

Apache Junction – Thursdays & Fridays 8:00am-6:00 pm

Coolidge – Thursdays 8:00am - 6:00 pm

Casa Grande – Fridays, & Saturdays 8:00am- 6:00 pm

Maricopa – Wednesdays, Thursdays & Fridays 8:00 am – 6:00 pm

San Tan Valley – Tuesdays, Wednesdays, & Thursdays 8:00 am-6:00 pm

Please be advised, all Pinal County Public Health Services District clinics will be closed Wednesday, November 5th, Tuesday, November 11th, Thursday, November 27th, Friday, November 28th, and Saturday, November 29th.

If you want to get a flu vaccine sooner than October 22nd, there is ample vaccine available at commercial pharmacies throughout the county. Most pharmacies accept major insurance plans and Medicare Part B. In addition to pharmacies, urgent care centers also offer flu vaccine. You may also check with your primary care physician. In addition, Flu Finder websites like <http://flushot.healthmap.org> are good sources to search for the nearest locations.

As a reminder, you should always follow these everyday steps to protect your health:

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand gel.
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Try to avoid close contact with sick people.

- If you are sick with flu-like illness, CDC recommends that you stay home for at least 24-hours after your fever is gone except to get medical care or for other necessities. Keep away from others as much as possible to keep from making others sick. Your fever should be gone without the use of a fever-reducing medicine.

To schedule an appointment for your flu shot or for more information on influenza and vaccinations, please call the Pinal County Citizen Contact Center 1-888-431-1311.