



St. Mary's County Health Department

NEWS RELEASE

www.smchd.org

William B. Icenhower, MD, MPH, Health Officer
21580 Peabody Street,
Leonardtown, MD 20650

Contact: Leslie Payne,
Public Information Officer

FOR IMMEDIATE RELEASE

Telephone: 301-475-4318

Fax: 301-475-4350

E-mail: paynel@smhd.com

HEALTH DEPARTMENT ANNOUNCES FLU VACCINE CLINICS

County's Health Officer leads the way by getting his vaccine early.

LEONARDTOWN, MD (October 11, 2007) – The St. Mary's County Health Department will be holding its first flu vaccine clinic for the public, Thurs., Oct. 18, from 3 – 7 p.m. in the cafeteria at Great Mills High School, 21130 Great Mills Rd. FluMist, a vaccine given by nasal spray, as well as injectable vaccine will be offered.

The clinic will be open to St. Mary's County residents, ages 4 and up. The health department is asking people to consider wearing long sleeves over short to the clinic for patient privacy and ease in administering the shot. A recommended donation of \$15 will be accepted, however, no one will be denied service due to inability to pay. Health department staff will also bill Medicare for participants who are eligible.

Health Officer William B. Icenhower, M.D. encourages the public to take advantage of this year's early availability of flu vaccine in our area. "We have a good supply of vaccine this year," he said. "I'm encouraged by the number of people we will be able to protect before flu season

(more)

Health department announces first flu vaccine clinic, p. 2

gets into full swing. Right now we are making every effort to be sure the public knows the importance of being vaccinated.” Dr. Icenhower hopes that others will follow the lead he has taken this year by getting his flu shot early.

Influenza or “flu” is an infection of the nose, throat, and lungs caused by the influenza virus. It is not the upset stomach popularly called “stomach flu”. Influenza is highly contagious and is spread person to person through the air by coughing or sneezing. It is also spread by direct contact with infected people. “The single most important thing people can do to protect themselves and their families from catching the flu is to get vaccinated,” said Icenhower. “It is especially important that children and older adults get protection,” he added.

Symptoms of influenza usually begin 1 to 4 days after being infected with the flu virus. They include chills, fever, cough, headache, muscle aches, sore throat, runny nose, and fatigue. Influenza can be a serious illness that causes severe complications such as pneumonia, bronchitis, and sinus infections. Thousands of deaths each year are caused by influenza.

A second flu vaccine clinic will be held Fri., Oct. 26, from 8 a.m. – 5p.m. at the Loffler Senior Center, Chancellors Run Regional Park in Great Mills. The clinic will be held as part of the St. Mary’s County Department of Aging Health Fair, The Way to Wellness, featuring over 40 exhibitors with the latest health news and health products. Pneumonia vaccines will be available. Visitors interested in receiving one should ask clinic nurses about whether a pneumonia shot or booster is right for them.

(more)

Health department announces first flu vaccine clinic, p. 3

A third clinic is scheduled for Thurs. Nov. 1, from 8 a.m. – 7 p.m. at the Hollywood Volunteer Fire Department, 24801 Three Notch Rd., Hollywood. The health department plans to schedule additional vaccine clinics as long as the vaccine supply lasts.

For more information, please call the St. Mary's County Health Department, 301-475-4330.

#

PHOTO CAPTION:

Dr. William Icenhower receives a flu shot last week at the health department. He recommends that everyone get vaccinated for protection against the flu - the earlier the better.