



**Public Health**  
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**Mahoning County  
District Board of Health**

**NEWS RELEASE**

<b>FOR IMMEDIATE RELEASE</b>	<b>CONTACT:</b> Diana Colaianni, MSN,RN Director of Nursing (330) 270-2855 ext. 128
	<b>DATE:</b> January 10, 2014

**Flu Cases on the Rise**

It is not too late to protect yourself from getting the flu. Flu activity is increasing across the US and local hospitals are reporting an increase in admissions of people with flu-like illnesses. Some hospitals are restricting visitation of patients. The flu virus is affecting even traditionally healthy adults this year. Protect yourself and your family by getting everyone 6 months of age and older vaccinated against the flu. Vaccination can still be beneficial as long as the flu viruses are circulating” says Patricia Sweeney, health commissioner of the Mahoning County District Board of Health, “and if you have not already done so, we recommend that you get the vaccination as soon as possible.” This year’s vaccine, with the four virus strains, is particularly well matched to the actual flu viruses that are circulating in our community.

In addition to being immunized against the flu, there are a number of steps you can take to protect yourself during flu season. To prevent the spread of colds and flu: wash your hands, cover coughs and sneezes with your arm, and stay home from work or school when you are sick.

The Mahoning County District Board of Health will be administering flu vaccine as detailed below.

<b>Clinic Date</b>	<b>Clinic Time</b>	<b>Clinic Location</b>
<b>Wednesday, January 15, 2014</b>	<b>2:00 p.m. – 6:30 p.m.</b>	<b>Mahoning County District Board of Health 50 Westchester Drive Youngstown, Ohio 44515</b>
<b>No appointment is necessary during clinic hours.</b>		

We accept most private insurances. Please remember to bring insurance cards, Medicare and Medicaid cards so the cost of the vaccine can be billed. The quadrivalent flu shot, the nasal spray or the trivalent intradermal flu vaccine cost is \$30.00. High dose trivalent flu vaccine is available for those 65 years of age and older for \$50.00. Vaccines offered through the Vaccine for Children (VFC) program are \$21.25.

## 2013 – 2014 Flu Vaccine Recommendations

### Who should get the flu vaccine?

Flu vaccine is recommended for **everyone 6 months of age and older.**

**For ages 6 months through 64 years old, the quadrivalent vaccine is THE recommended vaccine.**

Due to changes in the immune system as we age, the CDC recommends that **adults 65 and older receive the High Dose flu vaccine which contains four times greater flu virus fighting capability than the traditional flu vaccine.**

### What is the QUADRIVALENT flu vaccine?

Prior to this year, the flu vaccine contained only three influenza virus strains, 2 A strains and 1 B strain. It was called a trivalent vaccine. This year the flu vaccine contains four virus strains, 2 A strains and 2 B strains. It is called a quadrivalent flu vaccine. The additional B strain has been added because past vaccine “failures” were associated with B virus strains that were not circulating when the vaccine components were selected. Furthermore, B strains account for a large share of the illness and death seen in the infant population. The additional B strain contained in the quadrivalent vaccine provides additional protection. Therefore, **the quadrivalent vaccine is now THE recommended vaccine for ages 6 months through 64 years old.** People over 65 years old are not as seriously affected by the B strain virus because of their lifetime experience with B viruses so the high dose vaccine for people 65 years and older remains a 3-virus, trivalent preparation.

### The Mahoning County District Board of Health has the following flu vaccines available this season:

- Quadrivalent flu shots for individuals 6 months through 64 years;
- Quadrivalent nasal spray vaccine for those 2 years to 49 years who do not have a chronic illness like asthma or diabetes;
- Trivalent short needle intradermal vaccine;
- High-dose vaccine for those 65 years and older;
- State supplied VFC Program Quadrivalent vaccine for ages 36 months and older (both intramuscular and intranasal);
- Pediatric trivalent vaccine for infants 6 to 35 months.
- **NOTE: All vaccines are now preservative free.**

For more detailed information see [www.cdc.gov](http://www.cdc.gov).

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