



# Harris County Hospital District

Media Contact: Nicole Aguilar  
Office: 713-566-6761  
Cell: 281-782-9518  
Nicole\_Aguilar@hchd.tmc.edu  
On-call pager: 713-566-6430

## **MEDIA RELEASE**

### **Hospital District's Troubleshooters Program Offers Affordable Flu Shots**

HOUSTON (Dec. 1, 2006) – Flu season is here, and the Harris County Hospital District's Troubleshooters mobile immunization outreach program is offering \$5 flu shots to the general public.

Flu, or influenza, is a virus that usually occurs in the winter and causes respiratory illnesses. The flu virus is spread from one person to another by sneezing, coughing or direct contact. While most people recover from the flu in a week or two, it can be life-threatening for the very young, the elderly, or those with chronic diseases.

“One of the best ways to protect against the flu is to get vaccinated,” said Christina Mintner, director of school-based clinics. “Other ways to avoid it include getting enough sleep, eating a healthy diet, exercising, washing your hands, and staying away from those who are infected.”

All flu shots are given based on availability.

#### **SCHEDULE**

(All times are 9 a.m.-2 p.m. except when noted)

Friday, Dec. 1, Barrick Elementary, 12001 Winfrey Ln.

Saturday, Dec. 2, Children's Museum, 1500 Binz St.

Saturday, Dec. 2, George R. Brown Convention Center, 1001 Avenida de las Americas

Monday, Dec. 4, Bellerive Apartments, 7225 Bellerive

Wednesday, Dec. 6, Spring High School, 19428 I-45

Thursday, Dec. 7, Garcia Elementary, 9550 Aldine-Westfield

Saturday, Dec. 9, Houston Can Academy, 9020 Gulf Freeway, 9 a.m.-noon

Wednesday, Dec. 13, Richey Elementary, 610 S. Richey, Pasadena

Thursday, Dec. 14, Love Elementary, 1120 West 13<sup>th</sup> St.

Friday, Dec. 15, Ser Ninos Charter School, 5815 Alder

The Harris County Hospital District is the public health care system for the nation's third most-populous county. It provides more than 1.1 million health care visits each year to uninsured and underinsured residents of Harris County. The hospital district operates Ben Taub General Hospital, Lyndon B. Johnson General Hospital, Quentin Mease Community Hospital, 12 community health centers, a dental center, eight school-based clinics, 13 homeless shelter clinics and four mobile health units.

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