



# 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 Offers Affordable Flu Shots**

HOUSTON (Nov. 2, 2006) – Flu season is here, and the Harris County Hospital District’s eight school-based clinics are 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.

**WHAT:** \$5 flu shots at the Harris County Hospital District’s school-based clinics

**WHEN:** 1–3 p.m. every Tuesday in November (Nov. 7, 14, 21, and 28)

**WHERE:** Almatha Clark Taylor Clinic, 14002 Bandera St, 713-330-8904  
Jerry Neal Clinic, 828½ Sheldon Rd., 281-457-6350  
Patrick Henry Clinic, 10702 E. Hardy, 713-696-2731  
Robert Carrasco Clinic, 1115 ½ Noble, 713-226-2632  
Sheldon Clinic, 17203½ Hall Sheppard, 281-456-5201  
Smiley Clinic, 10726 Mesa Rd., 713-636-8185  
Southside Clinic, 1721 16<sup>th</sup> St., 713-671-2461  
Deepwater Clinic, 309 Glenmore, 832-668-8380

**PHOTO OP:** Contact Nicole Aguilar to arrange

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 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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