



Harris County Hospital District

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MEDIA RELEASE

Hospital District's Troubleshooters Program Offers Affordable Flu Shots

HOUSTON (Nov. 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. to 2 p.m.)

- Thursday, Nov. 2, Spring High School, 19428 I-45
- Saturday, Nov. 4, Healthy Living Health Fair, 5601 West Loop South
- Monday, Nov. 6, Johnston Middle School, 10410 Manhattan Dr.
- Tuesday, Nov. 7, Kate Bell Elementary, 12323 Shastsburry Dr.
- Wednesday, Nov. 8, Burbank Elementary, 216 Tidwell
- Thursday, Nov. 9, Coop Elementary, 10130 Aldine-Westfield
- Friday, Nov. 10, Neighborhood Center, 1300 Bay Area Blvd.
- Saturday, Nov. 11, True Deliverance Church, 4306 Chapman St.
- Monday, Nov. 13, Sam Houston High School, 9400 Irvington Blvd.
- Tuesday, Nov. 14, Northline Elementary, 821 E. Witcher Ln.
- Thursday, Nov. 16, Travis Elementary, 3311 Beauchamp
- Friday, Nov. 17, Julia C. Hester House, 2020 Solo St.
- Monday, Nov. 27, Woodson K-8 Middle School, 10720 Southview St.
- Tuesday, Nov. 28, Third Ward Multiservice Center, 3611 Ennis St.
- Wednesday, Nov. 29, Moreno Elementary, 620 E. Canino
- Thursday, Nov. 30, Helms Elementary, 503 West 21st St.

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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