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MEDIA RELEASE

Hospital District's Troubleshooters Program Offers Affordable Vaccinations

HOUSTON (Jan. 4, 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. Troubleshooters also offers low-cost immunizations against common childhood diseases.

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 health conditions.

"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 where otherwise noted)

- Thursday, Jan. 4, ABC East, 7703 South Loop East
- Friday, Jan. 5, Jenard M. Gross Elementary, 12583 S. Gessner
- Wednesday, Jan. 10, Early Childhood/Galena Park ISD, 1908 2nd St.
- Thursday, Jan. 11, Cooper Elementary, 18655 Imperial Valley Dr.
- Friday, Jan. 12, KIPP Academy, 4610 E. Crosstimbers Rd.
- Saturday, Jan. 13, Christian Alliance, 2606 Live Oak
- Tuesday, Jan. 16, Northline Elementary, 821 Witcher Ln.
- Wednesday, Jan. 17, Spring High School, 19428 I-45
- Friday, Jan. 19, Jacinto City Elementary, 10910 Wiggins
- Wednesday, Jan. 31, Burrus Elementary, 701 East 33rd 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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