



# Harris County Hospital District

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## **MEDIA RELEASE**

### **Hospital District's Troubleshooters Program Offers Affordable Vaccinations**

HOUSTON (Jan. 30, 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, Feb. 1, C.E. King High School, 8450 C.E. King Parkway
- Friday, Feb. 2, Julia C. Hester House, 2020 Solo St.
- Wednesday, Feb. 7, Coop Elementary, 10130 Aldine-Westfield Rd.
- Thursday, Feb. 8, J. Will Jones Elementary, 1810 Stuart St.
- Tuesday, Feb. 13, Spring High School, 19428 I-45
- Wednesday, Feb. 14, Northline Elementary, 821 Witcher Ln.
- Friday, Feb. 16, R.P. Harris Elementary, 1262 Mae Dr.
- Saturday, Feb. 17, Asian Lunar Celebration, 11122 Bellaire Blvd., noon – 4 p.m.
- Saturday, Feb. 17, Fun Plex, 13700 Beechnut, 1 p.m. – 4 p.m.
- Monday, Feb. 19, Westfield 9<sup>th</sup> Grade Center, 1500 Southridge
- Wednesday, Feb. 21, Burruss Elementary, 701 E. 33<sup>rd</sup> St.
- Thursday, Feb. 22, Garcia Elementary, 9550 Aldine-Westfield Rd.
- Saturday, Feb. 24, Richey Elementary, 610 S. Richey, Pasadena
- Wednesday, Feb. 28, Early Childhood/Galena Park ISD, 1908 2<sup>nd</sup> 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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