



District 2 Public Health

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Banks, Dawson, Forsyth, Franklin, Habersham, Hall, Hart, Lumpkin, Rabun, Stephens, Towns, Union and White Counties

FOR IMMEDIATE RELEASE

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DISTRICT 2 PUBLIC HEALTH ANNOUNCES FLU SHOT CLINIC SCHEDULES

You can help prevent flu! Get vaccinated now.

GAINESVILLE, GA – District 2 Public Health Departments announce flu shots are available and urge residents to get immunized now against seasonal influenza.

The Centers for Disease Control and Prevention recommends that all persons, six months of age and older, who can take the flu shot, do so. “High-dose” influenza vaccine is recommended for individuals age 65 years and older. As we age, our immune systems become weaker. A higher dose of antigen in the (high-dose) vaccine helps boost the immune response in older people and improves protection against influenza. It takes about two weeks after vaccination for the body to build full immunity against influenza, so now is a good time to get vaccinated. Influenza activity typically lasts from October to May in the United States, but can occur at any time.

Local health departments accept cash, credit and debit cards, as well as Medicare, Medicaid, Peach Care, Amerigroup, WellCare, Blue Cross Blue Shield, Aetna, Cigna, Coventry, and United Health Care (state health benefit plan). Please bring your insurance card with you. The cost for the flu shot is \$25.

Health experts agree that the flu vaccine is the first and most important step in protecting against flu viruses. The next key step is preventing the spread of germs. To help stop the spread of germs wash your hands often with soap and water or with an alcohol-based hand sanitizer, cover coughs and sneezes, and stay home if you are sick. Cleaning and disinfecting common surfaces in your home and work area can also limit the spread of germs.

If you experience flu symptoms – fever, cough, sore throat, runny/stuffy nose, body aches, headache, chills and fatigue – you can seek advice from your healthcare provider. If you have the

flu, your healthcare provider may prescribe antiviral medicine which can make the illness milder and shorten the time you are sick.

Persons in certain groups may have a higher risk for complications from influenza. These include: children younger than 5 years of age, adults 65 years of age and older, pregnant women, residents of nursing homes and other long-term care facilities. Additionally, persons with chronic illnesses, weakened immune systems, and children and adolescents (aged 6 months – 18 years) who are receiving long-term aspirin therapy are at higher risk for complications.

For convenience, here is a list of health departments and flu shot availability:

Banks – Please call 706-677-2296 for best time to come in.

Dawson – Call for appointment, 706-265-2611.

Dawson County school students:

Oct. 4 – Kilbrough Elementary, BOE, Headstart

Oct. 6 – Robinson Elementary, Dawson Co. High, Dawson Co. Jr. High

Oct. 10 – Riverview Elementary, Dawson Co. Middle, Blacks Mill Middle

Forsyth – Walk-in clinic starts Sep. 1

Mon. – Fri. 8:00 am to 11:00 am & 1:00 pm to 4:00pm

Please call 770-781-6900 for best time to come in.

Forsyth County schools staff: Sep. 1 to Sep. 22

Forsyth County school students: Oct. 18

Form available at school and online

Franklin – Walk-in clinic:

*Mon. thru Fri: 8:00 am – 11:00 am & 1:00 pm – 4:00 pm
(Curbside service available)*

*Late Night Clinic: Second Thursday of each month open until 7:00 pm (Note: health department closes at 3:00 pm the following Friday) **No late-night clinic in November.***

Senior Center Farmers Market: September 6th from 10:00am to 12:00pm (open to public)

Franklin County school students: Sept. 18th to Sept. 22nd – form available at school or online

Drive-Thru Clinic: Lavonia United Methodist Church Parking Lot – Oct. 12, 8:00 am to 2:00 pm (open to public)

Community Clinic: Canon City Hall – Oct. 18th, 9:00am to 11:00 am (open to public)

Habersham – Please call 706-778-7156 for best time to come in.

Drive-thru clinic: Oct. 2nd from 9:00 am to 4:00 pm – health department parking lot (open thru lunch)

Hart – Walk-in Clinic:

Mon. thru Thurs. 8:00 am to 11:00 am & 1:00 pm to 4:00 pm
1st Tues. of each Month: 8:00 am to 11:00 am & 1:00 pm to 6:00 pm

Lumpkin – Call for appointment, 706-867-2727.

Drive thru clinic – Sep. 22 – 8:30 am to 4:30 pm, health department parking lot

Lumpkin County school students:

Oct. 2 – Blackburn Elementary, Long Branch Elementary

Oct. 5 – Lumpkin Co. High, BOE

Oct. 11 – Lumpkin Co. Jr. High (7th & 8th), Sixth-grade academy, Lumpkin Elementary

Rabun – Walk-in clinic:

Mon. thru Fri. 8:00 am – 11:00 am & 1:00 pm – 4:00 pm

Stephens – Walk-in clinic:

Mon. thru Fri. 8:00 am – 11:00 am & 1:00 pm – 4:00 pm
(Curbside service available)

Towns – Call for appointment, 706-896-2265.

Union – Walk in Clinic:

Mon. and Wed. 8:00 am to 11:00am & 1:00 pm to 4:00 pm
Fri. 8:00 am to 11:00 am

White – Walk-in clinic:

Mon. thru Thurs. 8:00 am to 11:00 am & 1:00 pm to 4:30 pm
Friday 8:00 am to 11:00 am

People who are unable to receive the flu vaccine can still reduce their chances for getting influenza by following some simple steps.

- 1) Avoid close contact with people who are sick.
- 2) Cover your nose and mouth when coughing or sneezing with a tissue.
- 3) Dispose of the tissue immediately and wash your hands.
- 4) Wash your hands frequently and for at least 20 seconds with soap and water or an alcohol-based hand sanitizer.
- 5) Rinse hands and dry with a disposable towel. Use the towel to turn off the faucet and discard.
- 6) Don't share drink, food, or eating utensils.

- 7) Stay home from work or school when you are sick.
- 8) Avoid touching your eyes, nose and mouth.

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