



District 2 Public Health

Pamela Logan, M.D., M.P.H., M.A., Health Director
1280 Athens Street • Gainesville, Georgia 30507
PH: 770-535-5743 • FAX: 770-535-5958 • www.phdistrict2.org

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

FOR IMMEDIATE RELEASE

CONTACT: Dave Palmer, Public Information Officer

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PH: 770-531-5679 • FAX: 770-535-5958
Dave.palmer@dph.ga.gov

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 for self-pay.

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 – We will be holding several offsite clinics this year, please call 706-677-2296 for best time to come to the health department.

Walk-in clinic: Every Friday from 8:00 am to 11:00 am and 1:00 pm to 4:00 pm
(Curbside service is available)

Late night clinic: first Thursday of each month open until 7:00 pm
(note: health department closes at 3:00 pm the following Friday)

Banks County school students: October 29th, forms available online and at the health department

Senior Center: September 25th from 10:00 am to 12:00 noon.

Businesses: to schedule a flu clinic at your facility, call 706-677-2296 or email Melissa Canup at Melissa.canup@dph.ga.gov

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

Dawson County Senior Citizens Center: September 11

Dawson County Employees: September 13

Dawson County school students:

Robinson Elementary:	September 18
Kilough Elementary, Blacksmill Elementary:	September 20
Dawson County Junior High, Dawson County High School:	September 27
Riverview Elementary, Riverview Middle:	October 2

Forsyth – We will hold several off-site clinics this year, please call 770-781-6900 for best time to come to the health department.

Walk-in clinic: Mon. – Fri. 8:00 am to 11:00 am & 1:00 pm to 4:00pm

Forsyth County schools staff: September 5 – September 21

Forsyth County school students: October 17 – 2:00 pm to 6:00 pm Sawnee Elementary
(Permission form available at school and online; will also be provided on DOS)

Franklin – We will hold several off-site clinics this year, please call 706-384-5575 for the best time to come to the health department. *(Curbside service available)*

Walk-in clinic: Monday thru Friday: 8:00 am – 11:00 am & 1:00 pm – 4:00 pm

Late Night Clinic: Second Thursday of each month open until 7:00 pm (Note: health department closes at 3:00 pm the following Friday)

Franklin County school students: Sept. 17th to Sept. 21nd – permission form available at school or online

Drive-Thru Clinic: Lavonia United Methodist Church Parking Lot – Oct. 11, 10:00 am to 5:00 pm – open to public – open through lunch

Businesses: If you are interested in the health department coming to your facility to give flu shots, call 706-384-5575 to inquire.

Habersham – We will hold several off-site clinics this year, please call 706-778-7156 for best time to come to the health department.

Walk-in clinic: Mon, Wed, Thurs: 8:00 am – 11:00 am & 1:00 pm – 4:00 pm

Tues: 8:00 am – 11:00 am & 1:00 pm – 6:00 pm

Fri: 8:00 am – 11:00 am

(Curbside service available)

Businesses: If you are interested in the health department coming to your facility to give flu shots, call 706-778-7156 ext. 104 to inquire. Let us help protect your employees from influenza.

Drive-thru clinic: October 1 from 9:00 am to 4:00 pm – health department parking lot – open to the public – open through lunch

Hall - Flu shots are available at the health department:

Walk-in clinic: Monday, Wednesday and Thursday 8:00 am to 11:00 am
1:00 pm to 4:00 pm

Tuesday 8:00 am to 11:00 am
1:00 pm to 6:00 pm

Friday 8:00 am to 11:00 am
1:00 pm to 2:00 pm

Drive through flu clinic: September 20 from 8:00 am to 4:00 pm at Hall County YMCA – 2455 Howard Rd. – open to the public – open through lunch

Hart – We will be holding several off-site flu clinics this year, please call 706-376-5117 for the best time to come to the health department.

Hartwell Health & Rehab: September 19th at 10:00am
YMCA: September 20th at 9:00am
Hart County Head Start: September 21st at 9:00am
Hart County School Students and Staff: September 24th through September 28th.
(Permission forms available at schools)

Juniper Court: October 1st at 10:00am
Hartwell City Hall: October 15th at 9:00am

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

Drive thru clinic – Sep. 21 – 8:30 am to 4:00 pm, health department parking lot – open to the public

Rabun – Flu shots are available at the health department:

Monday, Wednesday and Thursday	8:00 am to 11:30 am 1:00 pm to 4:30 pm
Tuesday	8:00 am to 11:30 am 1:00 pm to 6:30 pm
Friday	8:00 am to 11:30 am 1:00 pm to 2:00 pm

Stephens – *Walk-in clinic: Monday thru Friday 8:00 am – 11:00 am & 1:00 pm – 4:00 pm*
(Curbside service available)

Stephens County Senior Center: September 11

Stephens County Schools: Middle School and Liberty Elementary – September 20
Big A Elementary, Toccoa Elementary and High School – September 25
(Permission forms available at school and online)

Drive through flu clinic: From 9:00 am to 4:00 pm at The Pointe Church, 111 Fieldcrest Dr., Eastanollee – open to the public

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

Towns County Senior Center: September 24
Towns County Schools: October 24

Union – *Walk in Clinic: Monday and Wednesday 8:00 am to 11:00am & 1:00 pm to 4:00 pm*
Friday 8:00 am to 11:00 am
Exception: no flu shots given on the last working day of the month

White – Walk-in clinic: *Mon. thru Thurs.* *8:00 am to 11:30 am and 1:00 pm to 4:30 pm*
Friday *8:00 am to 11:00 am and 1:00 pm to 2:30 pm*

White County Schools: flu shots will be given as follows:

WC High School: September 24

WC Middle School and JP Nix Elementary: September 25

Mt. Yonah Elementary and BOE: September 26

Mossy Creek Elementary and Tesnatee Gap Elementary: September 27

(Permission forms available at the schools and online.)

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.

- end -