



# Lake County General Health District

5966 Heisley Road  
Mentor, Ohio 44060



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Ron H. Graham, RD/RDN, LD, MPH, Health Commissioner  
[www.lcghd.org](http://www.lcghd.org)

**NEWS RELEASE**  
**September 27, 2018**

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**LAKE COUNTY GENERAL HEALTH DISTRICT**

## FLU VACCINE CLINICS

Lake County General Health District (LCGHD) would like to help you prepare for this year's flu season by offering flu vaccine clinics this fall:

<b>Date/Time</b>	<b>Location</b>	<b>Call to Register</b>
October 3, 2018 Wednesday 9:30 a.m.-10:30 a.m.	Perry Senior Center 2800 Perry Park Road Perry, 44081	440.259.3772
October 9, 2018 Tuesday 10:30 a.m.-11:30 a.m.	Madison Senior Center 2938 Hubbard Road Madison, 44057	440.428.6664
October 12, 2018 Friday 10:30 a.m. – 11:30 a.m. <b>(Adults Only)</b>	Lake County General Health District 5966 Heisley Road Mentor, 44060	440.350.2544
October 15, 2018 Monday 9:00 a.m. – 10:00 a.m. <b>(Children Only)</b>	Lake County General Health District 5966 Heisley Road Mentor, 44060	440.350.2544
October 16, 2018 Tuesday 9:30 a.m.-10:30 a.m.	Concord Community Center 7671 Auburn Road Painesville, 44077	440.639.4650
October 18, 2018 Thursday 1:30 p.m.-2:30 p.m.	Mentor Senior Center 8484 Munson Road Mentor, 44060	440.974.5725
October 22, 2018 Monday 1:00 p.m.-2:00 p.m.	Kirtland Senior Center 7900 Euclid-Chardon Road Kirtland, 44094	440.256.4711
October 25, 2018 Thursday 1:00 p.m.-2:00 p.m.	Wickliffe Senior Center 900 Worden Road Wickliffe, 44092	440.373.5015
November 7, 2018 Wednesday 1:00 p.m.-2:00 p.m.	Willowick Senior Center 321 E. 314 <sup>th</sup> Street Willowick, 44095	440.585.5112

LCGHD will be giving out two types of flu vaccines for the 2018-2019 season:

- High dose - For individuals 65 years and older. Cost is \$50.00.
- Standard dose - For individuals 18 – 64 years of age. Cost is \$30.00

Follow these three easy steps to get your flu vaccine:

1. Check the schedule above to find the flu vaccine site location nearest you.
2. Call the number listed under “Call to Register” in the schedule at the flu vaccine site location where you wish to attend.
3. Be sure to bring all of your insurance cards. Methods of payment accepted are cash or check.

LCGHD will accept Medicaid, Medicare Part B and private insurance plans. **Please bring your insurance card(s) with you when you get the flu shot.**

Older adults and children with chronic medical conditions such as asthma, heart disease or diabetes are at a higher risk of developing flu-related complications and should be vaccinated. Always talk with your healthcare provider to determine if the flu vaccine is right for you.

The flu can develop suddenly and range from a minor to severe illness. If you have flu-like symptoms, contact your health care provider immediately. The following table provided by the United States Centers for Disease Control and Prevention in 2018 is a helpful way to tell the difference between a cold and the flu:

<b>Signs and Symptoms</b>	<b>Influenza</b>	<b>Cold</b>
<b>Symptom onset</b>	Abrupt	Gradual
<b>Fever</b>	Usual; lasts 3-4 days	Rare
<b>Aches</b>	Usual; often severe	Slight
<b>Chills</b>	Fairly common	Uncommon
<b>Fatigue, weakness</b>	Usual	Sometimes
<b>Sneezing</b>	Sometimes	Common
<b>Stuffy nose</b>	Sometimes	Common
<b>Sore throat</b>	Sometimes	Common
<b>Chest discomfort, cough</b>	Common; can be severe	Mild to moderate; hacking cough

Your healthcare provider may do a rapid or other test to determine if you have the flu and determine the best treatment for you. If you are diagnosed with the flu within one to two days of feeling ill, your healthcare provider may give you an antiviral as a form of treatment. Antivirals require a prescription and can lessen your symptoms and the amount of time that you are ill.

If at any time you have questions regarding the flu or the flu vaccine, contact your healthcare provider or the LCGHD at 440.350.2554. You may also click on the following link for additional flu information:

<https://www.cdc.gov/flu/about/index.html>.