

PUBLIC HEALTH CENTERS OFFERING FREE FLU VACCINATIONS 2008-2009

October 20, 2008 is the kick-off date for flu vaccinations at the Public Health Centers. See the days and times of the clinics below. It is recommended that you arrive early at the clinic. For a list of the Outreach Clinics, which may be closer to your home or held on a more convenient date, see the Outreach Clinic Schedule at: <http://publichealth.lacounty.gov/ip/flu/index.htm>. or call the County Operator at 211.

Persons* who are strongly encouraged to get a flu shot include:

- All adults 50 years of age and older;
- Women who will be pregnant during the influenza season;
- All children 6 months through 18 years of age;
- Persons who have chronic pulmonary (including asthma), cardiovascular (except hypertension), renal, hepatic, hematological or metabolic disorders (including diabetes mellitus);
- Persons who have any condition (e.g., cognitive dysfunction, spinal cord injuries, seizure disorders, or other neuromuscular disorders) that can compromise respiratory function or the handling of respiratory secretions or that can increase the risk for aspiration;
- Persons who have immunosuppression (including immunosuppression caused by medications or by human immunodeficiency virus);
- Residents of nursing homes and other chronic-care facilities;
- Household contacts and caregivers of children less than 5 years of age and adults 50 years and older, with particular emphasis on vaccinating contacts of children less than 6 months of age;
- Household contacts and caregivers of persons with medical conditions that put them at high risk for severe complications from influenza; and,
- HealthCare Workers

* Persons who are allergic to eggs should see their health care provider regarding whether or not they should be immunized with flu vaccine.

CLINIC / START DATE	ADDRESS / PHONE NUMBER	DAYS / TIME
Antelope Valley HC	335-B Avenue K-6, Lancaster, CA 93535 (661) 723-4526	M, W, F 8:00 AM—10:30 AM & 12:00 Noon—3:30 PM
Central HC	241 N. Figueroa St, Los Angeles, CA 90012 (213) 240-8203	M--F 7:00 AM—3:30 PM
Curtis Tucker HC	123 W. Manchester Blvd. Inglewood, CA 90301 (310) 419-5333	M-- F 8:00 AM—12:00 Noon & 1:00 PM—4:00 PM
Glendale HC	501 N. Glendale Ave, Glendale, CA 91206 (818) 500-5760	M--F 8:00 AM—10:30 AM & 12:30 PM—3:30 PM
Hollywood/Wilshire HC	5205 Melrose Ave, Los Angeles, CA 90038 (323) 769-7867	M, W, F 8:00 AM—3:00 PM Tues. 10:30 AM—5:00 PM Th. 8:00 AM—10:30 AM
Monrovia HC	330 W. Maple Ave. Monrovia, CA 91016 (626) 256-1600	M, T, Th., F 8:00 AM—3:00 PM W 10:00 AM—5:00 PM
Pacoima HC	13300 Van Nuys Blvd., Pacoima, CA 91331 (818) 896-1903	M--F 8 AM—10:30 AM & 12:30 PM—3:30 PM
Pomona HC	750 S. Park Ave. Pomona, CA 91766 (909) 868-0270	M--Th. 8:00 AM—4:30 PM F 8:30 AM—4:30 PM
South HC	1522 E. 102 nd St. Los Angeles, CA 90002 (323) 563-4053	M-- F (Kids) 8:00 AM—10:00 AM & 12:30 PM—3:00 PM M, T, W, F (Adults) 8:00 AM---11:00AM
Torrance HC	711 Del Amo Blvd. Torrance, CA 90502 (310) 354-2200	M 10:00 AM—5:30 PM T, W, F 8:00 AM—4:00 PM Th. 12:30 PM—4:00 PM
Whittier HC	7643 S. Painter Ave. Whittier, CA 90602 (562) 464-5417	M--F 8:00 AM—11:00 AM & 12:30 PM--3:00 PM