

Flu shot clinic in Gallup

Written by Staff Reports
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High-risk residents encouraged to attend

SANTA FE - The New Mexico Department of Health's Gallup Public Health Office and McKinley County Office of Emergency Management, will host a flu shot clinic Nov. 2 at the Miyamura High School Auxiliary Gym, 680 Boardman Dr., from 10 am–2 pm. The annual flu vaccination is available at no charge for children over the age of 3 and uninsured adults, while supplies last.

Those with Medicaid or other insurance who go to public health offices are asked to bring their insurance cards with them.

Everyone six months of age and above should get a flu vaccine each flu season, especially people in the following groups because they are at high risk of having serious flu-related complications or because they live with or care for people at high risk for developing flu-related complications:

- Children six months through 4 years of age
- Pregnant women (any trimester)
- People age 50 and older
- People of any age with certain chronic medical conditions like asthma, diabetes, lung or heart disease, and those who are immuno--compromised
- People who live in nursing homes and other long-term care facilities

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- People who live with or care for those at high risk for complications from flu
- American Indians and Alaskan Natives
- People who are morbidly obese
- Healthcare and early childhood personnel

People in these groups should also consider seeing their health care providers to be evaluated for antiviral medication if they develop flu symptoms.

The seasonal flu vaccine protects against the influenza viruses which are expected to be most common during the upcoming season. Vaccination remains the best protection against influenza.

Flu vaccines are offered in many locations, including doctor's offices, hospitals and pharmacies, as well as by many employers and some schools. Public Health offices throughout the state have vaccines available for those without insurance.

For more information on the no-charge flu shot clinic, call the Gallup Public Health Office at (505) 722-4391.

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