

For Immediate Release

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Cotton-O'Neil Clinic Announces Dates for Seasonal Flu Shot Clinic

(Topeka, Kan., Sept. 14, 2009) – Cotton-O'Neil Clinic, a division of Stormont-Vail HealthCare, has announced the dates for its 2009 **Seasonal** Flu Shot Clinic. Making the vaccination easily available to all Cotton-O'Neil Clinic patients ensures that those at greatest risk for developing complications from seasonal influenza will have access to the vaccination before **seasonal** flu season approaches. This vaccine does not protect against the H1N1 influenza. Information about the H1N1 vaccine will be announced as soon as it is available.

Locations and schedules for the Cotton-O'Neil **Seasonal** Flu Shot Clinics are:

Drive-thru Seasonal Flu Shot Clinic:

Beginning Tuesday, Sept. 22 through Thursday, Oct. 1, 2009

9 a.m. to 3 p.m., Tuesday through Thursday only

Located in the parking garage under the Stormont-Vail Surgical Suites

(Enter off Garfield, between 9th and 10th Ave.)

No appointment is needed to participate in the **seasonal** flu shot clinic. Participants are urged to dress appropriately for easy access to the upper arm area. Consent forms in English and Spanish are available at www.stormontvail.org and may be completed and brought to the **seasonal** flu shot clinic.

Any Cotton-O'Neil patient, 18 years of age and older, who has had a **seasonal** flu vaccine with no complications, can participate in the Drive-thru **Seasonal** Flu Shot Clinic. A primary care provider or pediatrician should vaccinate children under the age of 18. Flu-Mist is available for children between the ages of 2 and 8 years.

There are no known shortages of the **seasonal** flu vaccine. It is recommended that persons considered to be at high-risk of contracting seasonal flu be vaccinated in a timely manner.

People at high risk of developing complications from the **seasonal** flu and who should be vaccinated each year are:

- All children ages 6 months through 18 years.
- People 50 years of age and older.
- Pregnant women.
- People of any age with long-term health problems like:
 - heart disease – kidney disease – liver disease
 - lung disease – diabetes – asthma
 - anemia, and other blood disorders
- People with weakened immune systems due to:
 - HIV/AIDS – Other diseases affecting the immune system
 - long-term treatment using drugs like steroids
 - cancer treatment with X-rays or drugs
- People with muscle or nerve disorders such as seizure disorders or cerebral palsy.
- Residents of nursing homes and other chronic-care facilities.

People who live with or care for those at high risk for complication from **seasonal** flu should also be vaccinated each year. This group includes:

- Household contacts and caregivers of:
 - people 65 years of age and older.
 - anyone with medical conditions that put them at higher risk for severe complications from seasonal flu.
- Household contacts and caregivers of children birth to 5 years of age.
- Health care workers, who provide direct, face-to-face, hands-on patient care with regular frequency to high-risk patients, such as those listed above.

If you or a loved one becomes ill with influenza-like symptoms (fever, cough, sore throat, runny nose, body aches, etc.) you most likely can recover at home without treatment. Doctors recommend the following home care for influenza-like illness:

- Take over-the-counter medications for symptom relief as needed for fever and pain.
- Stay home for at least 24 hours after fever is gone.
- Keep away from others as much as possible.
- Drink clear fluids (such as water, broth, sports drinks, electrolyte beverages for infants).
- Wash dishes in a dishwasher or with hot soapy water.
- Throw away tissues and other disposable items used by the sick person. Wash hands after touching used tissues.
- Have everyone in the household wash hands often with soap and water.
- Children younger than 4 years of age should not be given over-the-counter cold medications without first speaking with a health care provider.

Seek Emergency Care or the advice of a physician if a child experiences any of the following:

- Fast breathing or trouble breathing
- Bluish or gray skin color
 - Not drinking enough fluids

- Severe or persistent vomiting
- Not waking up or not interacting
- Being so irritable that the child does not want to be held
- Flu-like symptoms improve but then return with fever and worse cough

Seek Emergency Care or the advice of a physician if an adult experiences any of the following:

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting
- Flu-like symptoms improve but then return with fever and worse cough

About Cotton-O'Neil Clinic

Cotton-O'Neil Clinic is the largest multi-specialty physician group in Topeka, Kan. There are currently more than 175 physicians affiliated with Cotton-O'Neil Clinic, PediatricCare and the regional clinics that reach out to communities surrounding Topeka. As a group, they make up the Medical Services Division of Stormont-Vail HealthCare, and function as an integrated health care delivery system. The clinic merged with Stormont-Vail HealthCare, a Joint Commission-approved, non-profit organization in 1996. Together, they care for patients throughout northeast Kansas.

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