



Ventura County Public Health News Release

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Ventura County Public Health reports increase in flu cases, rise in demand for influenza vaccine

(VENTURA COUNTY, Calif.) - The nation's widespread outbreak of the flu has caused an increase in flu cases in California and a sudden surge in demand for the flu vaccine in Ventura County. Ventura County's Public Health (VCPH) Department reports that the phones have been busier than normal with people calling in to find out where and when they can get a flu shot.

According to a report received today from the California Department of Public Health (CDPH), flu levels in California are now significantly higher than what is normally expected this time of year. Over the past week, flu levels across the state have jumped up by ten percent.

"This year's vaccine is a good match for the flu strains that are circulating so we encourage everyone who has not yet been vaccinated to get a flu shot now and protect themselves." said Dr. Paul Russell, Deputy Health Officer for Ventura County Public Health. "It is especially important for those who are the most vulnerable to be vaccinated - the very young, very old and those with chronic illness."

Ventura County Public Health clinics are offering flu vaccines for people of all ages on a first come, first served basis during normal business hours at their four Public Health clinic locations. Hours are 8:30 – 11:30 am and 1 – 4:30 PM and shots are offered on the days indicated:

- 1. South Oxnard Public Health**
Centerpoint Mall
2500 South C St. Suite B-1, Oxnard
Monday – Friday
- 2. North Oxnard Public Health**
2240 E. Gonzalez Rd., Suite 140, Oxnard
Tues. & Thurs.
- 3. Ventura Public Health**
3147 Loma Vista Rd., Ventura
Mon., Tues., Wed. & Fri.
- 4. Simi Valley Public Health**

1133-B E. Los Angeles Ave., Simi Valley
Mon., Wed. & Fri.

Vaccine will also be available through the Ventura County Health Care Agency's Ambulatory Care clinics in January, as follows:

Las Posas Family Medical Group

3801 Las Posas Road, Suite 214, Camarillo
Wednesdays, January 16, 23, 30 and February 6, 13, 20, 27
1:30 pm - 4:30 pm

Las Islas Urgent Care

325 W. Channel Islands Blvd., Oxnard
Tuesdays, January 15, 29
8:00 am – 11:00 am

Santa Paula Medical Clinic

1334 E. Main Street, Santa Paula
Wednesdays, January 23 and February 13, 27
1:30 pm - 4:30 pm

Sierra Vista Family Medical Clinic

1227 E. Los Angeles Ave., Simi Valley
Fridays, January 18, 25
8:00 am – 11:00 am & 1:00 pm – 4:00 pm

Conejo Valley Family Medical Group

125 W. Thousand Oaks Blvd., Ste. 300 Thousand Oaks
Wednesdays, January 16, 30 and February 13, 27
1:00 pm – 4:00 pm

West Ventura Medical Clinic

133 W. Santa Clara Street, Ventura
Wednesday, January 23
8:30 am – 4:30 pm

Ventura County Health Care Agency Ambulatory clinics require no appointment, welcome walk-in patients during the hours listed and accept the following insurances: Self-Pay Discount Program, Medi-Cal, ACE for Adults and ACE for Kids, VFC, Gateway/CHDP, VCHCP, Gold Coast Health Plan, Valley Care Select IPA, as well as contracted HMOs and contracted PPOs. Flu vaccine costs range from \$0 - \$30, depending on type of vaccine, insurance, and qualifying programs.

The Centers for Disease Control (CDC) recommends an annual flu vaccine for everyone six months of age and older, including pregnant women. Healthy people between two and 49 years of age, who are not pregnant, may opt for the nasal spray flu vaccine instead of the shot. It

takes about two weeks after vaccination for antibodies to develop in the body and provide protection against the flu.

In addition to becoming vaccinated, VCPH officials remind people that the easiest and best way to protect yourself from the flu and other viruses is to wash your hands frequently and thoroughly.

Once you become sick with the flu or other respiratory illness, the best advice is to:

- Stay home
- Cover a cough or sneeze by using an elbow or a tissue and then properly dispose of the used tissue.
- Wash hands thoroughly with soap and warm water or an alcohol-based hand sanitizer, avoiding contact with eyes, nose and mouth.

For more information about flu shot availability, call the Ventura County Public Health clinic appointment desk at: 805-981-5221 or go to: <http://vchca.org/2012-seasonal-flu>

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