



Do You Need a Flu Vaccine?

The LA County Department of Public Health is offering flu vaccines at no charge to people who don't have health insurance or whose healthcare provider does not offer flu vaccines.

Flu vaccines are recommended for everyone six months of age and older, including healthy adults. It's especially important to get a flu vaccine if you are:

- 6 months through 18 years old
- 50 years or older
- Pregnant or just had a baby
- Morbidly obese
- A health care provider
- Living in a nursing or other long-term care home
- Living with a weakened immune system or a chronic medical condition (like diabetes, heart disease or lung disease)
- Living with or caring for someone
 - > Under 5 years old
 - > 50 years of age or older
 - > With a chronic medical condition

Date	Time	Location
11/3/2010	10:00am – 1:00pm	City of Hermosa Beach 861 Valley Dr., Hermosa Beach, CA 90254
11/4/2010	9:00am – 11:00am	Lawndale Senior Center 14701 Burin Ave., Lawndale, CA 90260
11/10/2010	10:00am – 1:00pm	Inglewood Senior Center 330 Centinela Ave., Inglewood, CA 90302
11/17/2010	9:00am – 11:00am	Lennox Senior Center 10828 Condon Ave., Lennox, CA 90304
11/18/2010	1:00pm – 4:00pm	Manhattan Beach Unified School District 325 Peck Ave., Manhattan Beach, CA 90266
11/19/2010	10:00am – 12:00pm	Jocelyn Center 339 Sheldon Ave., El Segundo, CA 90245
11/30/2010	1:00pm – 4:00pm	LA Care Family Resource Center 3111 W. Century Blvd., Ste. 100, Inglewood, CA 90303
12/2/2010	10:00am – 2:00pm	City of Hawthorne Community Center 3901 W. El Segundo Blvd., Hawthorne, CA 90250
12/8/2010	10:00am – 12:00pm	Jocelyn Center 1601 N. Valley Dr., Manhattan Beach, CA, 90266
12/9/2010	10:00am – 12:00pm	Ken Nakaoka Center 1670 W. 162 nd St., Gardena, CA 90247

- You may also be able to get a vaccine against pneumococcal disease (PPSV) and whooping cough (Tdap) at the vaccine clinic.
- Dates and times are subject to change. Please check the latest clinic list at www.publichealth.lacounty.gov or call 310-419-5333 to confirm before you go.
- If you have a severe egg allergy or are sick the day of the clinic, check with your health care provider before getting vaccinated.

8/27/10



¿Necesita Una Vacuna Contra la Gripe?

El Departamento de Salud Pública del Condado de LA está ofreciendo vacunas contra la gripe sin ningún costo a personas que no tienen seguro médico o cuyo proveedor de cuidado médico no ofrece vacunas antigripales.

Las vacunas contra la gripe son recomendadas para todos de seis meses de edad y mayores, inclusive adultos sanos. Es especialmente importante obtener la vacuna contra la gripe si usted:

- Tiene dentro de 6 meses a 18 años de edad
- Tiene 50 años de edad o mayor
- Está embarazada o si acaba de dar a luz
- Está morbosamente obeso
- Es un proveedor de cuidado médico
- Vive en una facilidad para personas mayores de edad o de cuidado a largo plazo
- Tiene un sistema inmunológico debilitado o una condición médica crónica (como la diabetes, enfermedad cardíaca o enfermedad pulmonar)
- Vive con o cuida de alguien
 - > Menor de 5 años de edad
 - > 50 años de edad o mayor
 - > Con una condición médica crónica

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- Es posible que pueda obtener la vacuna contra la neumonía (PPSV) y la tos ferina (Tdap) en la clínica de vacunaciones.
- Las fechas y los horarios pueden cambiar. Favor de verificar la lista actualizada de clínicas en www.publichealth.lacounty.gov o llame para confirmar antes de ir.
- Si usted tiene alergia severa al huevo o está enfermo el día de su cita, verifique con su proveedor de cuidado médico antes de vacunarse.

9/13/10





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Date	Time	Location
10/25/2010	10:00am – 12:00pm	Carson Community Center 3 Civic Center Dr., Carson, CA 90745
10/26/2010	10:00am – 2:00pm	Redondo Beach Performing Arts Center 1935 Manhattan Beach Blvd., 90278
10/28/2010	10:00am – 12:00pm	Wilmington Senior Center 1371 Eubank Ave., Wilmington, CA 90744
10/30/2010	8:00am – 3:00pm	Alpine Village 833 W. Torrance Blvd., Torrance, CA 90502
10/30/2010	9:00am – 12:00pm	San Pedro Peninsula 1300 W. 7 th St., San Pedro, CA 90731
11/3/2010	3:30pm – 5:30pm	Beacon House 101 W. 11 th St., San Pedro, CA 90731
11/6/2010	8:00am – 3:00pm	St. Philomena Church 21900 Main St., Carson, CA 90745
11/10/2010	10:00am – 3:00pm	Wilson Park 2400 Jefferson St., Torrance, CA 90501
11/15/2010	9:00am – 12:00pm	Torrance Recreation Center 3341 Torrance Blvd., Torrance, CA 90503
11/19/2010	1:00pm – 4:00pm	Northgate Market 311 W. Pacific Coast Highway, Wilmington, CA 90744
12/01/2010	9:00am – 12:00pm	St Margaret Mary's 25511 Eshelman Ave., Lomita, CA 90717

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