

Flu shots available to all ages at S. Tahoe senior center

The El Dorado County Health Services Department, Public Health Division is offering a series of low-cost community flu clinics in South Lake Tahoe.

The vaccine to protect against seasonal influenza will be offered at the flu clinics.

The clinics will be at the senior center at 3050 Lake Tahoe Blvd., 9am-1pm Sept. 29, Oct. 6, Oct. 13, Oct. 27, and Nov. 10.

High risk individuals are especially encouraged to be vaccinated. High risk people include those over age 60, individuals with chronic health conditions, residents of nursing homes, pregnant women, parents of children under 6 months of age, children 6 months to 4 years of age, health care workers and caregivers.

In addition to the flu shot, the nasal mist is available to ages 2 through 49.

The cost of the flu vaccine is \$10, but the fee will be waived if an individual cannot pay. Standard Medicare Part B will be billed for people age 65 and older; Medicare HMOs and other insurance cannot be billed. Seniors must bring their Medicare card to the clinic for billing purposes and parents should bring their child's immunization record.

The Tdap (whooping cough) booster shot and Pneumonia vaccine will also be available at the clinics for \$10 per shot.

People who are severely allergic to eggs or egg products, and infants younger than six months of age should not get the

vaccine.