

HACIENDA HEIGHTS IMPROVEMENT ASSOCIATION

Public Safety & Health

“Influenza Vaccine”

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Influenza, commonly called the “flu” is a contagious disease caused by a virus. It is passed on from one infected person to the nose or throat of others. The flu symptoms are fever, cough, sore throat, headache, chills, muscle aches and fatigue. Some people become severely ill from the flu which leads to pneumonia or the flu can be dangerous for those with heart and breathing conditions. Anyone can get the flu, but children rate the highest from infection. A high fever can cause seizures in children. The flu should not last any longer than a few days. See you doctor if it prolongs.

Every year, the influenza virus changes. Therefore, the influenza vaccines are updated. Vaccinations are required annually and last up to a year. There are two kinds of vaccinations. The first is through a “shot” or needle most commonly used. The second method is through a “spray mist” through the nostrils. Both methods are affective vaccinations. Everyone should receive a vaccinations beginning at the age of 6 months old. Those with asthma or breathing problems should seek consultation from their doctor. Some people have had allergic reactions to the vaccinations. The signs are redness, swelling of arm where the shot was issued, high fever, wheezing, hives, dizziness, fast heart beat and may result in shortness of breath. These cases are rare, but consult your doctor if this has occurred in the past.

The following are vaccinations areas in Hacienda Heights;

- 1. Steinmetz Park – October 22nd at 9:00 A.M. to 11:30 A.M. First come, first serve basis.**
- 2. Hsi Lai Temple – October 25th from 10:00 A.M. to 2:30 P.M. One must call 6/961-9697 for an appointment.**
- 3. See your own health care provider soon!**