

## For Immediate Release



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

(Topeka, Kan., Sept. 24, 2010) – Cotton-O'Neil Clinic, a division of Stormont-Vail HealthCare, has announced the dates for its 2010 for its annual 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. The seasonal flu vaccine for 2010-11 provides protection against A/H1N1 (pandemic) influenza and two other influenza viruses – A/H3N2 and influenza B.

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

**Drive-thru Seasonal Flu Shot Clinic:**

Beginning Tuesday, Oct. 12 through Thursday, Oct. 21, 2010

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.)

**Walk-in Seasonal Flu Shot Clinic:**

Beginning Tuesday, Oct. 26 through Thursday, Nov. 11, 2010

9 a.m. to 4 p.m., Tuesday through Thursday only

Cotton-O'Neil Heart Center  
929 S.W. Mulvane St.

No appointment is needed to participate in either 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](http://www.stormontvail.org) and may be completed and brought to the seasonal flu shot clinic. For more information about seasonal flu for 2010, call the [Flu Line at \(785\) 354-6789](tel:785-354-6789).

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. All others should visit the Walk-in Seasonal Flu Shot Clinic at the Cotton-O'Neil Heart Center, or talk to your primary care provider. Flu-Mist is also available in the physician offices for patients between the ages of 2 and 49 years.

All people **6 months of age** and older should get the seasonal flu vaccine.

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The seasonal flu vaccine is especially important for people at higher risk of severe influenza and their close contacts, including health care personnel and close contacts of children younger than 6 months.

Anyone who got the 2009 H1N1 (pandemic) influenza vaccine, or had pandemic flu in 2009, should still get the 2010-11 seasonal influenza vaccine.

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 Stormont-Vail HealthCare**

Stormont-Vail HealthCare is an integrated health care system that has been serving the health care needs of northeast Kansas for more than 125 years. It is comprised of Stormont-Vail Regional Health Center, a 586-bed acute care hospital, and the Cotton-O'Neil Clinic, a multi-specialty physician group with 192 physicians. More than 4,000 employees provide care and support services for patients in the hospital and 27 other locations, including the Cotton-O'Neil Heart Center, Cancer Center, Diabetes and Endocrinology Center, Digestive Health Center, the PediatricCare clinic and multiple regional primary care clinics. Stormont-Vail HealthCare is committed to its mission of improving the health of the community by providing high quality, compassionate care with state-of-the-art equipment in convenient, comfortable facilities for patients and families.

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