

# SEASONAL FLU VACCINE

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INFORMATION FOR 2006-2007



From the Office of  
**Senator Hillary Rodham Clinton**  
New York

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# United States Senate

WASHINGTON, DC 20510-3204

October 2006

Dear Constituent:

Like many of you, I have been troubled by the multiple vaccine shortages our nation has faced in recent years. We have seen senior citizens lining up for hours to obtain flu vaccine, unscrupulous distributors attempting to sell scarce vaccine to the highest bidder, and millions of Americans delaying or deferring necessary flu shots. It is clear that even when we are facing a flu season when a vaccine shortage is not predicted, serious flaws in our procurement and distribution system remain. And as concern over the threat of pandemic flu continues to mount, it is imperative that we have a seasonal flu vaccine production and delivery system in place that works.

In order to address this problem, I have introduced the *Influenza Vaccine Security Act*. This legislation would enable the CDC and state and local health departments to track the distribution and delivery of vaccine, from the time vaccine leaves the factory to the time it reaches the provider. If such a system were established, it would reduce the uncertainty that many New Yorkers face during a shortage. My legislation would also expand our efforts to increase vaccination rates, with a particular focus on the CDC-defined priority populations, like seniors, who are most at risk of developing life-threatening complications from the flu.

I have urged Health and Human Services Secretary Michael Leavitt to address the problems regarding tracking, distribution and communication efforts during our annual flu season. I strongly believe that HHS should increase communication and outreach efforts regarding seasonal flu vaccine with state and local providers to ensure that they have the information they need to plan and keep their patients fully informed.

Please be assured that the health of all New Yorkers remains a serious issue for me. In this guide, you will find additional information and resources that I hope you will find useful.

Sincerely yours,



Hillary Rodham Clinton

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**S**easonal influenza (“flu”) is a contagious respiratory illness caused by the influenza virus. Influenza affects people of all ages – it can cause mild to severe illness, and at times can lead to death. It is important to note that seasonal influenza is different from avian or pandemic flu and while this guide focuses primarily on seasonal flu vaccine, some additional information on avian influenza can be found in the Frequently Asked Questions section of this booklet.

Symptoms of seasonal influenza resemble those of a cold but come on more swiftly and are more pronounced. A person who has the flu may experience extremely high fever, chills, severe headache, muscle aches, fatigue, cough, and sore throat. Some people are at high risk for serious flu complications, including seniors, young children, pregnant women, and individuals with chronic medical conditions. **The best way to prevent the flu is to get the flu vaccine each fall.**

This guide provides a list of agencies offering assistance to those seeking seasonal flu vaccine throughout New York State. You will find information on seasonal flu, priority groups for vaccination, and tips to help protect yourself from seasonal flu.



## Frequently Asked Questions

### **Q: Is the Seasonal Flu Contagious?**

Yes. The flu generally spreads from person to person through respiratory droplets caused by coughing and sneezing. Occasionally, a person may be infected by touching something with the virus on it and then touching his/her mouth or nose.

### **Q: Should I Get a Seasonal Flu Vaccine?**

When there is an adequate supply of vaccine, individuals should get the flu vaccine. Those people at greatest risk for complications of the flu and those most likely to get or spread the flu should be immunized as soon as vaccine is available. The Centers for Disease Control and Prevention (CDC) has identified priority groups for vaccination, including senior citizens, young children, pregnant women, and individuals with chronic medical conditions.

### **Q: Is there a Seasonal Flu Vaccine shortage this year?**

No. The United States is expected to have over 100 million doses of vaccine this year, 17 million more doses than ever distributed in any previous season. The CDC is recommending that providers vaccinate anyone seeking vaccine.

Manufacturers are currently shipping the vaccine to providers. Because not all doses are produced at once, delivery is staggered, and manufacturers and distributors may make partial shipments in order to ensure that every provider has at least some vaccine on hand for priority populations. If

vaccine is not available the first time you seek a flu shot, keep checking back with your provider. More vaccine will be available as the vaccination season progresses.

**Q: Who should get vaccinated?**

People in the following categories should get the flu vaccine. If you have questions about whether you should get vaccinated, you should consult your health care provider.

1. People at high risk for complications from the flu, including:

- Children aged 6–59 months of age;
- Pregnant women;
- People 50 years of age and older;
- People of any age with certain chronic medical conditions; and
- People who live in nursing homes and other long term care facilities.

2. People who live with or care for those at high risk for complications from flu, including:

- Household contacts of persons at high risk for complications from the flu (see above);
- Household contacts and out of home caregivers of children less than 6 months of age (these children are too young to be vaccinated); and
- Health care workers.

3. Anyone who wants to decrease their risk of influenza.

**Q: Who Should NOT Get a Seasonal Flu Vaccine?**

The following individuals should not be vaccinated before consulting a physician:

- People with a severe allergy to chicken eggs;
- People who have had a severe reaction to the flu vaccine in the past;
- People who developed Guillan-Barre Syndrome (GBS) within 6 weeks of getting a flu vaccine in previous years;

- Children younger than 6 months old; and
- People who are sick with a fever.

**Q: What Types of Seasonal Flu Vaccines are Available?**

- The “flu shot” is an inactivated vaccine (containing a killed virus) that is given with a needle. The flu shot is approved for use in people older than 6 months, including healthy individuals and those with chronic medical conditions.
- **Nasal-spray flu vaccine**, also referred to as FluMist or LAIV (“Live Attenuated Influenza Vaccine”), contains live, weakened flu viruses that do not cause the flu. This vaccine is administered by a nasal sprayer. The Food and Drug Administration has approved LAIV for use in healthy individuals 5-49 years old who are not pregnant.

**Q: When Should I Get a Seasonal Flu Vaccine?**

The best time to get vaccinated is prior to the height of the flu season which occurs between December and March in the United States. However, it can still be beneficial to get vaccinated after November. It takes approximately two weeks for the vaccine to provide protection against the flu.

**Q: How Does the Seasonal Flu Vaccine Work?**

Both the flu shot and the nasal-spray flu vaccine protect against the influenza virus by causing antibodies to develop in the body approximately two weeks after vaccination.

**Q: Aside From the Vaccine, What Else Can I Do to Protect Myself From Seasonal Flu?**

The single best way to prevent the flu is to get a flu vaccine each fall. Although vaccination is the best protection against influenza, everyone can take practical steps to help prevent spread of flu, such as avoiding close

contact with people who are sick and keeping distance from others if you are sick; when possible, staying home from work, school, and errands when you are sick; covering your mouth and nose when coughing or sneezing, and washing your hands often. Other good habits, such as getting plenty of sleep, engaging in physical activity, managing stress, drinking water, and eating healthy food, will help you stay healthy in the winter and all year.

**Q: Can Antiviral Medications Prevent the Seasonal Flu?**

Three antiviral drugs (amantadine, rimantadine and oseltamivir) have been approved for prevention and treatment of the flu and are commercially available. If taken within two days of getting sick, these drugs reduce symptoms of the flu and the length of time you are sick. These drugs are not, however, a substitute for influenza vaccination. All of these drugs are prescription drugs and must be prescribed by a doctor.

**Q: What is the Avian Flu (bird flu)?**

Avian flu, also known as the H5N1 virus, is an infection caused by avian influenza viruses that traditionally affects only birds. Although wild birds carry the virus naturally in their intestines and do not get sick from it, domesticated birds such as chickens, ducks, and turkeys can catch the virus and become very sick. It is very rare for bird flu viruses to infect humans. Although there is currently no commercially available vaccine for the avian influenza, vaccine development efforts are underway. It is also important to note that there are currently no cases of avian flu among humans in the United States. For more information about the H5N1, visit <http://pandemicflu.gov/>.

**Q: Does the Seasonal Flu Vaccine provide protection against avian flu?**

No. The seasonal flu vaccine contains protection against the type of flu that typically hits every winter. Each year, the seasonal flu vaccine formula is changed to provide optimal protection against the strains of flu that are most likely to affect Americans. An avian flu vaccine would need to contain specific protection against the H5N1 virus. It is important to remember that



no cases of avian influenza have appeared among humans in the United States.

**Q: Where Can I Get the Seasonal Flu Vaccine?**

If you are unable to be vaccinated by your regular healthcare provider, you may find the attached information helpful.

County health departments are offering flu clinics this season for individuals by appointment. **These clinics are based on the availability of flu vaccine, and supply information can change rapidly. Contact these sites directly to ensure that you have the latest clinic information.**

A listing of local clinics can be found on the web at:  
<http://www.ombudsman.state.ny.us/fluclinic/ClinicSearch.cfm> or at  
[www.flucliniclocator.org](http://www.flucliniclocator.org). You may also call the New York State Office for the Aging Senior Hotline at 1-800-342-9871 for these listings.



## Flu Vaccine Resources

The following includes information from the New York State Department of Health and the New York State Office for the Aging. Since vaccine supplies can change daily, I encourage you to contact these sites or your local provider for the latest information on vaccine availability.

### New York City

Individuals may contact the New York City Department of Health and Mental Hygiene by calling 311 or visit their website at <http://www.nyc.gov/html/doh/html/home/home.shtml>. For additional vaccine updates and flu prevention information, individuals may wish to contact the main Office for the Aging helpline at 1-800-342-9871 or at its website at <http://www.flu.state.ny.us/>.

New York City Department for the Aging  
2 Lafayette Street  
New York, NY 10007-1392  
(212) 442-1000  
FAX: (212) 442-1095  
<http://www.nyc.gov/html/dfta/home.html>

## New York State Regional Locations

### **BUFFALO/WESTERN NEW YORK**

Western New York has a flu clinic guide with information for the entire region. It can be accessed at: <http://www.immunizewny.org/index.php>

#### **Allegany County:**

Individuals may contact Allegany County Department of Health at (585) 268-9250 for updates on vaccine supply in their area. Individuals may also contact their Aging office for direct assistance with counselors.

Allegany County Office for the Aging  
17 Court Street  
Belmont, NY 14813-1001  
(585) 268-9390  
FAX: (585) 268-9657

#### **Chautauqua County:**

Individuals may contact the Chautauqua County Public Health Nursing Department at (716) 753-4491 for updates on vaccine supply in their area. Individuals may also contact their Aging office for direct assistance with counselors.

Chautauqua County Office for the Aging  
7 North Erie Street  
Mayville, NY 14757-1027  
(716) 753-4471  
FAX: (716) 753-4477

#### **Cattaraugus County:**

Individuals may contact the Cattaraugus County Health Department at (716) 373-8050 for updates on vaccine supply in their area. Individuals may also contact their Aging office for direct assistance with counselors.

Cattaraugus County Department of Aging  
One Leo Moss Drive, Suite 7610  
Olean, NY 14760-1101

(716) 373-8032  
FAX: (716) 372-4734

**Erie County:**

Individuals may contact the Erie County Department of Health at (716) 858-2929 for updates on vaccine supply in their area. Individuals may also contact their Aging office for direct assistance with counselors.

Erie County Dept. of Senior Services  
95 Franklin Street  
Buffalo, NY 14202-3985  
(716) 858-8526  
FAX: (716) 858-7259

**Niagara County:**

Individuals may contact the Niagara County Health Department at (716) 278-1903 for updates on vaccine supply in their area. Individuals may also contact their Aging office for direct assistance with counselors.

Niagara County Office for the Aging  
111 Main Street  
Lockport, NY 14094-3718  
(716) 438-4020  
FAX: (716) 438-4029

**Wyoming County:**

Individuals may contact the Wyoming County Health Department at (585) 786-8890 for updates on vaccine supply in their area. Individuals may also contact their Aging office for direct assistance with counselors.

Wyoming County Office for the Aging  
5362 Mungers Mill Road  
Silver Springs, NY 14550-9704  
(585) 786-8833  
FAX: (585) 786-8832

## GREATER CAPITAL REGION AND HUDSON VALLEY

### **Albany County:**

For more information, please call Albany County Health Department at (518) 447-4600. Individuals may also contact their Aging office for direct assistance with counselors.

Albany County Department for the Aging  
112 State Street, Room 710  
Albany, NY 12207-2069  
(518) 447-7179  
FAX: (518) 447-7188

### **Columbia County:**

Individuals may contact the Columbia County Department of Health at (518) 828-3358 for more information. Individuals may also contact their Aging office for direct assistance with counselors.

Columbia County Office for the Aging  
610 State Street  
Hudson, NY 12534 - 2514  
(518) 828-4258  
FAX: (518) 822-0010

### **Delaware County:**

Individuals may contact the Delaware County Public Health Department at (607) 746-3166 for more information. Individuals may also contact their Aging office for direct assistance with counselors.

Delaware County Office for the Aging  
6 Court Street  
Delhi, NY 13753-1066  
(607) 746-6333  
FAX: (607) 746-6227

### **Dutchess County:**

Individuals may contact the Dutchess County Department of Health and the Dutchess County Department of Health Flu Hotline at (845) 486-3400 for updated information on scheduled flu clinics in their area. For more information, individuals may visit

<http://www.co.dutchess.ny.us/CountyGov/Departments/Health/HDfluscheds.htm>. Individuals may also contact their Aging office for direct assistance with counselors.

Dutchess County Office for the Aging  
27 High Street  
Poughkeepsie, NY 12601-1962  
(845) 486-2555  
FAX: (845) 486-2571

**Greene County:**

Individuals may contact Greene County Public Health Department at (518) 719-3600 for more updates on flu clinics in their area. Individuals may also contact their Aging office for direct assistance with counselors.

Greene County Department for the Aging  
411 Main Street  
Catskill, NY 12414  
(518) 719-3555  
FAX: (518) 719-3798

**Montgomery County:**

Individuals may contact Montgomery County Public Health at (518) 853-3531 for more information on flu clinics in their area. Individuals may also contact their Aging office for direct assistance with counselors.

Montgomery County Office for the Aging  
380 Guy Park Avenue, P.O. Box 52  
Amsterdam, NY 12010-0052  
(518) 843-2300  
FAX: (518) 843-7478

**Orange County:**

Individuals may contact Orange County Health Department at (845) 291-4300 to be put on the schedule for vaccination. Individuals may also contact their Aging office for direct assistance with counselors.

Orange County Office for the Aging  
30 Matthews Street, Suite 201  
Goshen, NY 10924-1985

(845) 291-2150  
FAX: (845) 291-2182

**Otsego County:**

Individuals may contact Otsego County Department of Public Health Nursing at (607) 547-4230 for more information on flu clinics in their area. Individuals may also contact their Aging office for direct assistance with counselors.

Otsego County Office for the Aging  
County Office Building  
197 Main Street  
Cooperstown, NY 13326-1129  
(607) 547-4232  
FAX: (607) 547-6492

**Putnam County:**

Individuals may call the Putnam County Flu Vaccine Hotline at (845) 278-6130 to receive 24-hour information on flu vaccine availability. Individuals may also contact their Aging office for direct assistance with counselors.

Putnam County Office for the Aging  
110 Old Route 6, Bldg. A  
Carmel, NY 10512-2196  
(845) 225-1034  
FAX: (845) 225-1915

**Rensselaer County:**

Individuals may contact the Rensselaer County Health Department at (518) 270-2655 for updated information on vaccine supply in their area. Individuals may also contact their Aging office for direct assistance with counselors.

Rensselaer County Unified Family Services  
1600 7th Avenue  
Troy, NY 12180  
(518) 270-2730  
FAX: (518) 270-2617

**Rockland County:**

Individuals may contact the Rockland County Health Department at (845) 364-2534 for updated information on vaccine supply in their area. Individuals may also contact their Aging office for direct assistance with counselors.

Rockland County Office for the Aging  
The Dr. Yeager Health Center  
Pomona, NY 10970-0350  
(845) 364-2110  
FAX: (845) 364-2348

**Saratoga County:**

Individuals may contact Saratoga County Public Health Department at (518) 584-7460 for updated information on vaccine supply in their area. Individuals may also contact their Aging office for direct assistance with counselors.

Saratoga County Office for the Aging  
152 West High Street  
Ballston Spa, NY 12020-3528  
(518) 884-4100  
FAX: (518) 884-4104

**Schenectady County:**

Individuals may contact the Schenectady County Public Health Department at (518) 386-2824 for updates on vaccine supply in their area. Individuals may also contact their Aging office for direct assistance with counselors.

Schenectady County Senior & Long Term Care Services  
Schaffer Heights  
107 Nott Terrace, Suite 202  
Schenectady, NY 12308-3170  
(518) 382-8481  
FAX: (518) 382-8644

**Schoharie County:**

Individuals may contact the Schoharie County Public Health Nursing at (518) 295-8474 for updates on vaccine supply in their area. Individuals may also contact their Aging office for direct assistance with counselors.



Schoharie County Office for the Aging  
478 West Main Street, Suite 2  
Cobleskill, NY 12043-1622  
(518) 295-2001  
FAX: (518) 234-4831

**Sullivan County:**

Individuals may contact Sullivan County Department of Public Health Nursing at (845) 292-0100 for updates on vaccine supply in their area. Individuals may also contact their Aging office for direct assistance with counselors.

Sullivan County Office for the Aging  
100 North Street, P.O. Box 5012  
New County Government Center  
Monticello, NY 12701-1139  
(845) 794-3000, Ext. 5000  
FAX: (845) 794-7409

**Ulster County:**

Individuals may contact Ulster County Health Department Flu Hotline at (607) 274-6609 for updates on vaccine supply in their area and (607) 274-6604 to schedule an appointment for vaccination. Flu clinic information can be found at <http://www.co.ulster.ny.us/health/clinicsched.html>. Individuals may also contact their Aging office for direct assistance with counselors.

Ulster County Office for the Aging  
400 Stockade Drive  
Kingston, NY 12401  
(845) 340-3456  
FAX: (845) 340-3583

**Washington County:**

Individuals may contact Washington County Public Health Service at (518) 746-2400 for updates on vaccine supply in their area. Individuals may also contact their Aging office for direct assistance with counselors.

Washington County Office for the Aging and Nutrition Services  
383 Broadway, Suite B10  
Fort Edward, NY 12828

(518) 746-2420  
FAX: (518) 746-2418

**Westchester County:**

Individuals may contact the Westchester County Department of Health at (914) 813-5000 for updates on flu clinics in their area. Individuals may also contact their Aging office for direct assistance with counselors.

Westchester County Department of Senior Programs & Services  
9 South First Avenue, 10th Floor  
Mt. Vernon, NY 10550-3414  
(914) 813-6400  
FAX: (914) 813-6399

**LONG ISLAND**

**Nassau County:**

Individuals may contact the Nassau County Department of Health at (516) 571-1680 for updated information on flu clinics in their area. Individuals may also contact their Aging office for direct assistance with counselors.

Nassau County Dept. of Senior Citizen Affairs  
60 Charles Lindbergh Boulevard  
Uniondale, NY 11553-3653  
(516) 227-8967  
FAX: (516) 227-8972

**Suffolk County:**

Individuals may contact the Suffolk County Department of Health at (631) 853-8405 for updated information on flu clinics in their area. Individuals may also contact their Aging office for direct assistance with counselors.

Suffolk County Office for the Aging  
H. Lee Dennison Building, 3rd Floor  
100 Veterans Memorial Highway  
P.O. Box 6100  
Hauppauge, NY 11788-0099  
(631) 853-8200  
FAX: (631) 853-8225

## NORTH COUNTRY

### **Clinton County:**

Individuals may contact the Clinton County Department of Health Information Line at (518) 565-4848 for updates on vaccine supply in their area. Individuals may also contact their Aging office for direct assistance with counselors.

Clinton County Office for the Aging  
135 Margaret Street, Suite 105  
Plattsburgh, NY 12901-2966  
(518) 565-4620  
FAX: (518) 565-4812

### **Essex County:**

Individuals may contact the Essex County Public Health Department at (518) 873-3500 for updates on vaccine supply in their area. Flu clinic information can be found at:

[http://www.co.essex.ny.us/ECPH/html/flu\\_clinic.html](http://www.co.essex.ny.us/ECPH/html/flu_clinic.html)

Individuals may also contact their Aging office for direct assistance with counselors.

Essex County Office for the Aging  
P.O. Box 217 - 100 Court Street  
Elizabethtown, NY 12932-0217  
(518) 873-3695  
FAX: (518) 873-3784

### **Franklin County:**

Individuals may contact Franklin County Public Health Services at (518) 891-4471 ext. 3004 for updates on vaccine supply in their area. Individuals may also contact their Aging office for direct assistance with counselors.

Franklin County Office for the Aging  
355 West Main Street, Suite 447  
Malone, NY 12953-1826  
(518) 481-1526  
FAX: (518) 481-1878

**Fulton County:**

Individuals may contact the Fulton County Public Health Department at (518) 736-5720 for updates on vaccine supply in their area. Individuals may also contact their Aging office for direct assistance with counselors.

Fulton County Office for the Aging  
19 N. William Street  
Johnstown, NY 12095-2534  
(518) 736-5650  
FAX: (518) 762-0698

**Hamilton County:**

Individuals may contact the Hamilton County Public Health Department at (518) 648-6141 for updates on vaccine supply in their area. Flu clinic information can be found at:

[http://www.hamiltoncountypublichealth.org/index\\_files/Page256.html](http://www.hamiltoncountypublichealth.org/index_files/Page256.html).

Individuals may also contact their Aging office for direct assistance with counselors.

Warren/Hamilton Counties Offices for the Aging  
333 Glen Street, 3rd Floor, Suite 306  
Glens Falls, NY 12801  
(518) 761-6347  
FAX: (518) 745-7643

**Herkimer County:**

Individuals may contact Herkimer County Public Health Nursing Service at (315) 867-1430 for updates on vaccine supply in their area. Individuals may also contact their Aging office for direct assistance with counselors.

Herkimer County Office for the Aging  
109 Mary Street, Suite 1101  
Herkimer, NY 13350-2924  
(315) 867-1176  
FAX: (315) 867-1448

**Jefferson County:**

Individuals may contact Jefferson County Public Health Service at (315) 786-3770 for updates on vaccine supply in their area. Individuals may also contact their Aging office for direct assistance with counselors.

Jefferson County Office for the Aging  
County Office Bldg  
250 Arsenal Street  
Watertown, NY 13601-2546  
(315) 785-3191  
FAX: (315) 785-5095

**Lewis County:**

Individuals may contact Lewis County Public Health Agency at (315) 376-5453 for updates on vaccine supply in their area. Individuals may also contact their Aging office for direct assistance with counselors.

Lewis County Office for the Aging  
Outer Stowe Street, P.O. Box 408  
Lowville, NY 13367-0408  
(315) 376-5313  
FAX: (315) 376-5105

**St. Lawrence County:**

Individuals may contact St. Lawrence County Public Health Department at (315) 386-2325 for updates on vaccine supply in their area. Individuals may also contact their Aging office for direct assistance with counselors.

St. Lawrence County Office for the Aging  
80 State Highway, Suite 7  
Canton, NY 13617-1497  
(315) 386-4730  
FAX: (315) 386-8636

**Warren County:**

Individuals may contact Warren County Health Services Flu Hotline at (518) 761-6580 for latest updates on vaccine supply in their area. Individuals may also contact their Aging office for direct assistance with counselors.

Warren/Hamilton Counties Offices for the Aging  
333 Glen Street, 3rd Floor, Suite 306  
Glens Falls, NY 12801  
(518) 761-6347  
FAX: (518) 745-7643

## GREATER ROCHESTER REGION

### **Genesee County:**

Individuals may contact the Genesee County Public Health Department at (585) 344-2580 ext.5000 for latest updates on vaccine supply in their area. Individuals may also contact their Aging office for direct assistance with counselors.

Genesee County Office for the Aging  
Batavia-Genesee Senior Center  
2 Bank Street  
Batavia, NY 14020-2299  
(585) 343-1611  
FAX: (585) 344-8559

### **Livingston County:**

Individuals may contact the Livingston County Department of Health at (585) 243-7290 for latest updates on vaccine supply in their area. Individuals may also contact their Aging office for direct assistance with counselors.

Livingston County Office for the Aging  
Livingston County Campus Bldg. 8  
Mt. Morris, NY 14510-1601  
(585) 243-7520  
FAX: (585) 243-7516

### **Monroe County:**

Individuals may contact the Monroe County Health Department at (585) 753-5600 for latest updates on vaccine supply in their area. Flu clinic information may be found at: <http://www.monroecounty.gov/health-flu>  
Individuals may also contact their Aging office for direct assistance with counselors.

Monroe County Dept. of Human & Health Services  
Office for the Aging  
111 Westfall Road, Room 652  
Rochester, NY 14620  
(585) 274-6280  
FAX: (585) 274-6282

**Ontario County:**

Individuals may contact Ontario County Community Health Services at (585) 396-4343 for latest updates on vaccine supply in their area. Individuals may also contact their Aging office for direct assistance with counselors.

Ontario County Office for the Aging  
3010 County Complex Drive  
Canandaigua, NY 14424-9502  
(585) 396-4040  
FAX: (585) 396-7490

**Orleans County:**

Individuals may contact the Orleans County Health Department at (585) 589-3278 for latest updates on vaccine supply in their area. Individuals may also contact their Aging office for direct assistance with counselors.

Orleans County Office for the Aging  
County Administration Building  
14016 Route 31 West  
Albion, NY 14411- 9382  
(585) 589-3191  
FAX: (585) 589-3193

**Wayne County:**

Individuals may contact Wayne County Public Health Service at (315) 946-5749 for latest updates on vaccine supply in their area. Flu clinic information can be found at:

<http://www.co.wayne.ny.us/Departments/publiclth/PreventServClinics.htm>.

Individuals may also contact their Aging office for direct assistance with counselors.

Wayne County Department of Aging and Youth  
1519 Nye Road, Suite 300  
Lyons, NY 14489-9111  
(315) 946-5624  
FAX: (315) 946-5649

**Yates County:**

Individuals may contact the Yates County Health Department at (315) 536-5160 for latest updates on vaccine supply in their area. Individuals may also contact their Aging office for direct assistance with counselors.

Yates County Area Agency on Aging  
417 Liberty Street, Suite 1116  
Penn Yan, NY 14527  
(315) 536-5515  
FAX: (315) 536-5514

## CENTRAL NEW YORK

### **Broome County:**

Residents may call the Health Department Hotline at: (607) 778-3911.  
Individuals may also contact their Aging office for direct assistance with counselors.

Broome County Office for the Aging  
Government Plaza  
PO Box 1766  
Binghamton, NY 13902-1766  
(607) 778-2411  
FAX: (607) 778-2316

### **Cayuga County:**

Individuals may contact the Cayuga County Health Department at (315) 253-1560 for latest updates on vaccine supply in their area. Individuals may also contact their Aging office for direct assistance with counselors.

Cayuga County Office for the Aging  
160 Genesee Street  
Auburn, NY 13021-3483  
(315) 253-1226  
FAX: (315) 253-1151

### **Chemung County:**

Individuals may contact the Chemung County Health Department at (607) 737- 2028 for latest updates on vaccine supply in their area. Flu clinic information can also be found at:  
<http://www.chemungcountyhealth.org/index.asp?pageId=94>. Individuals may also contact their Aging office for direct assistance with counselors.



Chemung County Office for the Aging  
425 Pennsylvania Avenue, P.O. Box 588  
Elmira, NY 14902-0588  
(607) 737-5520  
FAX: (607) 737-5521

**Chenango County:**

Individuals may contact the Chenango County Health Department at (607) 337-1660 for latest updates on vaccine supply in their area. Individuals may also contact their Aging office for direct assistance with counselors.

Chenango County Area Agency on Aging  
County Office Bldg., 5 Court St.  
Norwich, NY 13815-1794  
(607) 337-1770  
FAX: (607) 337-1749

**Cortland County:**

Individuals may contact the Cortland County Health Department number at (607) 753-5203 for the latest updates on vaccine supply in their area. Flu clinic information can also be found at:  
or <http://www.cortland-co.org/health/clinics/flushot.htm>. Individuals may also contact their Aging office for direct assistance with counselors.

Cortland County Office for the Aging  
County Office Building  
60 Central Avenue, P.O. Box 5590  
Cortland, NY 13045-5590  
(607) 753-5060  
FAX: (607) 758-5528

**Madison County:**

They may also contact the Madison County Health Department number at (315) 366-2361 for updates on flu vaccine supply. Individuals may also contact their Aging office for direct assistance with counselors.

Madison County Office for the Aging  
138 Dominick Bruno Blvd.  
Canastota, NY 12032  
(315) 697-5700  
FAX: (315) 697-5777

**Oneida County:**

Individuals may contact the Oneida County Health Department at (315) 798-5248 for latest updates on vaccine supply in their area. Flu clinic information can also be found at:

<http://www.oneidacounty.org/oneidacty/gov/dept/health/Flu/fluclinicschedule.htm>. Individuals may also contact their Aging office for direct assistance with counselors.

Oneida County Office for Aging and Continuing Care

235 Elizabeth Street

Utica, NY 13501

(315) 798-5456

FAX: (315) 798-6444

**Onondaga County:**

Individuals may contact the Onondaga County Health Department at (315) 435-3252 for the latest updates on vaccine supply in their area. Individuals may also contact their Aging office for direct assistance with counselors.

Onondaga County Department of Aging and Youth

Civic Center - 13th Floor

421 Montgomery Street

Syracuse, NY 13202

(315) 435-2362

FAX: (315) 435-3129

**Oswego County:**

Individuals may contact the Oswego County Health Department at (315) 349-3545 for the latest updates on vaccine supply in their area. They can make an online appointment for a flu shot, at <http://www.onflu.net/oswego/>. Individuals may also contact their Aging office for direct assistance with counselors.

Oswego County Office for the Aging

County Office Complex

70 Bunner St., PO Box 3080

Oswego, NY 13126-3080

(315) 349-3484

FAX: (315) 349-8413

**Schuyler County:**

Individuals may contact the Schuyler County Home Health Agency at (607) 535-8140 for latest updates on vaccine supply in their area. Individuals may also contact their Aging office for direct assistance with counselors.

Schuyler County Office for the Aging  
P.O. Box 810  
Montour Falls, NY 14865-0810  
(607) 535-7108  
FAX: (607) 535-2030

**Seneca County:**

Individuals may contact the Seneca County Health Department at (315) 539-1920 for latest updates on vaccine supply in their area. Individuals may also contact their Aging office for direct assistance with counselors.

Seneca County Office for the Aging  
1 DiPronio Drive  
Waterloo, NY 13165-1681  
(315) 539-1765  
FAX: (315) 539-9479

**Steuben County:**

Individuals may contact Steuben County Public Health & Nursing Services at (607) 664 2438 for latest updates on vaccine supply in their area. Individuals may also contact their Aging office for direct assistance with counselors.

Steuben County Office for the Aging  
3 E. Pulteney Square  
Bath, NY 14810-1510  
(607) 776-7813  
FAX: (607) 776-7813

**Tioga County:**

Individuals may contact Tioga County Health Department at (607) 687-8600 for latest updates on vaccine supply in their area. Individuals may also contact their Aging office for direct assistance with counselors.

Tioga Opportunities, Inc.  
Department of Aging Services  
Countryside Community Center

9 Sheldon Guile Blvd.  
Owego, NY 13827-1062  
(607) 687-4120  
FAX: (607) 687-4147

**Tompkins County:**

Individuals may contact Tompkins County Health Department Flu Hotline at (607) 274-6609 for latest updates on vaccine supply in their area. Individuals may also contact their Aging office for direct assistance with counselors.

Tompkins County Office for the Aging  
320 N. Tioga Street  
Ithaca, NY 14850-4206  
(607) 274-5482  
FAX: (607) 274-5495



## For More Information

You may find the following resources helpful in answering additional questions.

- **Centers for Disease Control**

For more information, you may wish to contact the CDC Immunization Hotline at 1-800-232-2522 (Español: 1-800-232-0233). Important updates and recommendations can also be found on the CDC website at <http://www.cdc.gov/flu>.

- **American Lung Association**

For information on high priority group guidelines and locations of flu clinics, please feel free to review <http://www.lungusa.org> or call the American Lung Association's Flu Clinic at 1-800-LUNG-USA. In Partnership with Maxim Health Systems, the ALA has developed an electronic influenza vaccine clinic locator. To use the locator, go to [www.flucliniclocator.org](http://www.flucliniclocator.org), enter a zip code and a date (or dates) and receive information about clinics scheduled in your area.

- **Centers for Medicare and Medicaid Services**

Medicare covers a yearly flu shot for all beneficiaries. For more information about Medicare and seasonal flu prevention and treatment, go to <http://www.medicare.gov/health/flu.asp>.

- **National Foundation for Infectious Diseases**

For additional information about vaccine safety and for more facts about influenza, feel free to contact the NFID at 1-301-656-0003 or on the web at <http://www.nfid.org/influenza/>.

- **Department of Health and Human Services**

For more tips on preventing the flu and information on what to do if you get the flu, contact HHS at 1-800-FED-INFO (1-800-333-4636) or on the web at <http://www.hhs.gov/flu/>

- **New York State Department of Health**

Additional information can be found by contacting the New York State Department of Health at 1-212-268-4510 or on the web at <http://www.health.state.ny.us/>. Individuals may contact the NYSDOH Regional Epidemiology Program office at 518-473-4439 with questions concerning influenza recommendations and outbreak control.

- **New York State Office for the Aging**

New York State Office for the Aging provides assistance for senior citizens across the state. You may contact the main Office for the Aging helpline at 1-800-342-9871 or at its web site at <http://aging.state.ny.us/>. For additional vaccine updates and flu prevention information, you may consult the NYSOA website at <http://www.flu.state.ny.us/>.