



## NEWS RELEASE

### Public Health

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## Get your free flu shot at your local community POD site

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Be prepared for the flu season and get a free flu shot. Public Health together with the San Bernardino City Unified School District is encouraging residents to get a flu shot and find their local Point Of Dispensing (POD) site. The free flu shot will be offered to residents at San Geronio High School on Tuesday, November 29, from 3 to 5 p.m.

“I encourage residents to get their flu shot,” said Dr. Maxwell Ohikhuare, Health Officer, “Flu shots save lives and keeps the community healthy.”

Flu shots will be provided to adults, men, women, senior citizens, pregnant women and children who are 3 years and older. A parent or guardian must accompany children under 18 years old. Children under 9 years old may require two doses of flu vaccine, four weeks apart, based on prior vaccination history.

The Preparedness and Response Program will be offering free flu shots to residents while exercising management of community POD sites. A POD site is a location where the community would go to receive lifesaving medication and or vaccinations during a public health emergency.

The free flu shot clinics are designed as a learning environment for the department to exercise plans and procedures for a local pandemic influenza response. The goal of the exercise is to test the department’s mass distribution of prophylaxis and vaccinations to county residents as a response to a bioterrorism attack, an outbreak or pandemic influenza, such as the 2009 H1N1 Pandemic.

For more information on public health emergencies visit the San Bernardino County, Department of Public Health, Preparedness and Response Program website at [www.sbcounty.gov/prp](http://www.sbcounty.gov/prp) or call (909) 252-4406.