

# TARRANT COUNTY

## NEWS & INFORMATION



January 2010



[www.tarrantcounty.com](http://www.tarrantcounty.com)

### New Year's Resolution: Get H1N1 Vaccine Shot

Now that holiday shopping and socializing is over, people need to make a New Year's Resolution to get their H1N1 immunization shot, urges Tarrant County Public Health (TCPH) Health Authority Dr. Sandra Parker.

"Since October, TCPH has administered more than 45,000 H1N1 vaccines and stands ready to distribute more" she said. "H1N1 is still a serious health concern and people need to find the time to get a vaccination from one of our clinics."

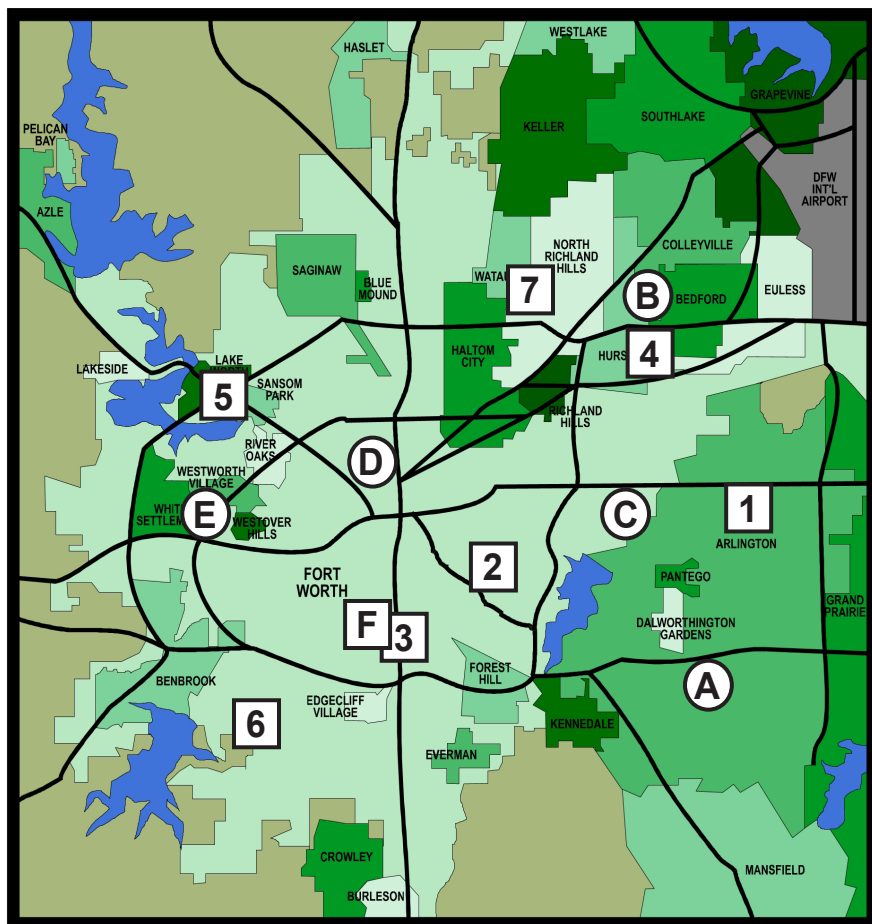
All Tarrant County residents can receive the H1N1 vaccine, free of charge at any of 13 convenient and easily accessible locations. It is available not only at the seven County public health clinics, but also in six shopping center store front clinics dedicated specifically to dispense the vaccine. While the health

centers are open Monday through Friday from 8 a.m. to 5 p.m., the store fronts are open Tuesday through Saturday from 10 a.m. to 7 p.m. All the store fronts are open today, Saturday, January 2, 2010.

The 45,000 doses of H1N1 vaccine distributed over the past eight weeks is the most flu vaccine that TCPH has ever administered in one season. The most H1N1 vaccine that was given on a single day was on December 9 when 1,475 vaccines were provided at the Tarrant County College Northwest Campus. An additional 1,204 vaccines were administered at the store fronts and 1,090 shots were given at the health centers, for a grand total of 3,769 on that date.

For more information about H1N1 vaccinations, call 2-1-1 or go to our webpage at <http://health.tarrantcounty.com>.

### Tarrant County Public Health - H1N1 vaccine locations



#### Public Health Storefront Clinic Locations 817-321-4700

- A** **Arlington**  
Cooper Oaks Crossroads  
5415 South Cooper Street #125  
Arlington, TX 76017
- B** **Bedford**  
Parkwood Village  
217 Harwood #106  
Bedford, TX 76021
- C** **Fort Worth**  
Eastchase Marketplace  
1550 Eastchase Parkway #100  
Fort Worth, TX 76120
- D** **Fort Worth**  
The Mercado  
1500 N. Main St, Suite 138  
Fort Worth, TX 76106
- E** **White Settlement**  
Cherry Hill Plaza  
1636 S. Cherry Lane  
White Settlement, TX 76108
- F** **Fort Worth**  
La Gran Plaza  
4200 S. Freeway, Suite 1031  
Fort Worth, TX

#### Public Health Center Locations

- 1** **Arlington Public Health Center**  
536 W. Randol Mill Road  
Arlington, TX 76011  
817-548-3990
- 2** **Bagsby-Williams Public Health Center**  
3212 Miller Avenue  
Fort Worth, TX 76119  
817-531-6738
- 3** **La Gran Plaza Mall Public Health Center**  
4200 S. Freeway, Suite 800  
Fort Worth, TX 76115  
817-920-5752
- 4** **Northeast Public Health Center**  
813 Brown Trail  
Bedford, TX 76022  
817-285-4155
- 5** **Northwest Public Health Center**  
3800 Adam Grubb Road  
Lake Worth, TX 76135  
817-238-4441
- 6** **Southwest Public Health Center**  
6551 Granbury Road  
Fort Worth, TX 76133  
817-370-4530
- 7** **Watauga Public Health Center**  
6601 Watauga Road, Suite 122  
Watauga, TX 76148  
817-514-5030

#### SIX WAYS TO FIGHT THE FLU

The flu can be serious for any age group, and the preventive actions that fight seasonal flu also help fight H1N1 flu. Use these basic measures to help fight the flu:

- Get vaccinated against seasonal and H1N1 flu.
- Wash your hands often with soap and water or use an alcohol-based cleaner.
- Cover your coughs and sneezes.
- Avoid touching your eyes, nose or mouth.
- Avoid close contact, especially when sick or with people who are sick.
- Stay at home if you are sick.