



Monday, November 26, 2007

San Antonio ramps up to battle the flu

San Antonio has begun bracing itself for the onslaught of influenza A, as health professionals have confirmed the first reported cases of the virus at local hospitals.

To ramp up protection against the highly contagious respiratory illness, **San Antonio Metropolitan Health District** has announced an additional slate of free flu-shot clinics throughout the city to keep local residents illness free.

Flue shots will be available on Thursday, Nov. 29, from 11 a.m. to 4 p.m. at Goodwill Industries at Blanco Road and Loop 410. Two more flu-shot clinics are scheduled at the Alamodome on Wednesday, Dec. 5, and Thursday, Dec. 6, from 1 p.m. to 7 p.m.

In addition to the vaccination, Metro Health will offer free dental screening at the Alamodome clinics.

Metro Health has already given more than 23,000 free influenza vaccinations in preparation for this flu season -- with the support of a donation from the WellMed Charitable Foundation.

The flu season officially lasts from December through March each year, according to Metro Health officials.

Typical flu symptoms include high fever, headaches, exhaustion, coughs, sore throat, congestion, aches and nausea. Influenza can also cause more serious complications, including pneumonia and dehydration, while worsening existing conditions like congestive heart failure, asthma or diabetes.

Web site: **www.sanantonio.gov/health**

The original article can be found on

<http://www.bizjournals.com/sanantonio/stories/2007/11/26/daily6.html>