



Community Information & Referral

"Bringing People and Services Together Since 1964"

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News Release

FREE OR LOW COST FLU/PNEUMONIA SHOTS **AVAILABLE AT HUNDREDS OF NEIGHBORHOOD SITES**

Community Information & Referral has complete information on how to get a flu shot anywhere in the state. Health care professionals have set up temporary clinics in grocery stores, churches, community centers, shopping malls, and private businesses to make it as easy as possible to get a flu shot. Shots are provided free of charge to people enrolled in Medicare Part B., and some health plans. Flu shots are available to the general public at low cost. Flu sites and provider information is available on Community Information & Referral's website: www.cir.org. Information is also available by calling the **Flu/Pneumonia Hotline: 602-263-8856 OR 1-800-352-3792**, where Arizona residents can reach a live operator who can direct them to the nearest site to receive a free or low cost flu shot for the 2008-2009 flu season.

Flu and pneumonia are especially dangerous for the elderly and people with chronic diseases. These populations have compromised immune systems which have difficulty destroying the flu virus. The Arizona Department of Health Services reports that pneumonia is among the top five causes of death for Arizona's at-risk elderly. With a simple flu shot, this killer can be avoided.

The **Flu/Pneumonia Hotline** is a free public service of Community Information & Referral (CIR) and supported by: Arizona Dept. of Health Services, BlueCross/BlueShield of Arizona, CIGNA, Healthwaves, Maricopa County Dept. of Health, Mollen Immunization Clinics, PassportHealth, and Safeway.