



**For Immediate Release**  
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**OMNI Medical Group to Offer Flu Shot Clinics  
in October and November**

Tulsa, Okla. – Flu season is just around the corner, and the best way to protect against the flu is to get vaccinated each fall. OMNI Medical Group, part of the St. John Health System, will host flu shot clinics at locations throughout northeastern Oklahoma in mid-October through November to keep Oklahomans healthy this winter.

“Flu shots are highly recommended for everyone, but especially for adults age 50 and older, children between the ages of 6 months and 5 years, pregnant women and people of any age who have a chronic medical condition,” says OMNI medical director Robert Gray, M.D. Persons who live with or care for a person with a high risk condition (including healthcare workers) should also be vaccinated, he says.

Gray also noted that vaccinating during the key period between October and November provides the best protection throughout the flu season, since it offers protection during the expected periods of peak flu activity.

OMNI is providing flu shots to the public for \$30, payable by cash, check or credit card. Only OMNI patients with CommunityCare Senior or Medicare are eligible to have the cost of the flu shot covered. OMNI will accept walk-in visits only and will not schedule appointments.

(more)

## OMNI FLU CLINICS/ADD ONE

Clinics will be held on the following dates/locations:

### **October 15**

Health Plaza (St. John Medical Center campus)  
1819 E. 19th Street  
Lafortune/Robinson rooms  
9 a.m. to 4 p.m.

### **October 16**

OMNI Sand Springs  
402 W. Morrow Road  
9 a.m. to 4 p.m.

### **October 19**

OMNI Claremore  
3100 Medical Parkway, Suite 100  
9 a.m. to 4 p.m.

### **October 23**

OMNI Sapulpa  
1021 East Bryan Street)  
9 a.m. to 4 p.m.

### **October 25**

OMNI Owasso  
13600 E. 86th Street North  
9 a.m. to 4 p.m.

### **October 26**

OMNI South Harvard  
4720 South Harvard)  
9 a.m. to 4 p.m.

### **October 29**

Health Plaza (St. John Medical Center Campus)  
1819 E. 19th Street  
Lafortune/Robinson rooms  
9 a.m. to 4 p.m.

### **November 1**

OMNI South Memorial  
8115 South Memorial  
9 a.m. to 4 p.m.

### **November 2**

OMNI Broken Arrow  
1129 South Aspen  
9 a.m. to 4 p.m.

### **November 6**

OMNI Sand Springs  
402 W. Morrow Road  
9 a.m. to 4 p.m.

### **November 8**

OMNI Claremore  
3100 Medical Parkway, Suite 100  
9 a.m. to 4 p.m.

### **November 9**

OMNI Sapulpa  
1021 East Bryan Street  
9 a.m. to 4 p.m.

### **November 12**

Health Plaza (St. John Medical Center Campus)  
1819 E. 19th Street  
Lafortune/Robinson rooms  
9 a.m. to 4 p.m.

### **November 13**

OMNI Owasso  
13600 E. 86th Street North  
9 a.m. to 4 p.m.

(more)

## OMNI FLU CLINICS/ADD ONE

### Flu Facts:\*

- The flu is a contagious respiratory illness caused by influenza viruses. It can cause mild to severe illness, and at times can lead to death. The best way to prevent the flu is by getting a flu vaccination each fall.
- Every year in the United States, on average:
  - Five to 20 percent of the population gets the flu
  - More than 200,000 people are hospitalized from flu complications
  - About 36,000 people die from flu
- Older people, young children, and people with certain health conditions are at high risk for serious flu complications.
- Symptoms of flu include:
  - fever (usually high)
  - headache
  - extreme tiredness
  - dry cough
  - sore throat
  - runny or stuffy nose
  - muscle aches
  - stomach symptoms such as nausea, vomiting, and diarrhea also can occur but are more common in children than adults

For more information regarding OMNI Group flu shot clinics, call (918) 744-0123.

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\*Courtesy of US. Centers for Disease Control and Prevention, 2007