



FOR IMMEDIATE RELEASE

CONTACT

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High Risk Adult Flu Shot Clinic
Southeastern District Health Department to hold Clinic

Southeastern District Health Department (SDHD) announces a "High Risk Adult Flu Shot Clinic" to be held on Thursday, October 26, 2006 from 8:00 a.m. to 12:00 noon, at the Bannock County Senior Center located at 427 North 6th Avenue in Pocatello. No appointment is necessary, but you must have your card if you want Medicare to be billed. The cost per shot is \$24.00.

HIGH RISK ADULTS INCLUDE:

- persons at high risk for influenza-related complications and severe disease, including
 - pregnant women,
 - persons aged ≥ 50 years,
 - persons of any age with certain chronic medical conditions; and
- persons who live with or care for persons at high risk, including
 - household contacts who have frequent contact with persons at high risk and who can transmit influenza to those persons at high risk and
 - health-care workers.

Ways to help prevent the spread of the flu include:

- Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick, too.
- Stay home from work, school, and errands when you are sick. You will help prevent others from catching your illness.
- Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.
- Wash your hands often to help protect you from germs.
- Avoid touching something that is contaminated with germs and then touching your eyes, nose, or mouth.

"Washing your hands often and staying home when you are sick are the best ways to help prevent the spread of these illnesses", states Ed Marugg, SDHD District Director. If you have questions or would like more information about influenza, contact your health care provider or SDHD's office, 233-9080 or visit our website at www2.state.id.us/phd6.