



FOR IMMEDIATE RELEASE

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Southeastern District Health Department Announces Ample Flu Vaccine Exists

Southeastern Idaho - It is not too late for people to get an influenza vaccination. Southeastern District Health Department (SDHD) has ample supplies in all eight counties and the public can call for an appointment. Vaccination in December and January provides substantial protection against influenza and since this year's influenza season has gotten off to a relatively slow start, it's not too late to get vaccinated now to protect you against influenza.

Influenza is very unpredictable (e.g., how fast it sweeps across the country, where it goes, how severe the illness it causes) and there remains the possibility that this will be a severe influenza season. Even in so-called "mild" seasons, millions of people contract influenza and tens of thousands get very ill (e.g., estimated 200,000 hospitalizations and 36,000 deaths in a typical year).

Influenza is a contagious, upper-respiratory disease caused by many different strains of influenza viruses. While many people use the imprecise term "flu" to describe 24- or 48-hour bouts of illness, real influenza can interfere with normal daily activities for as long as a week.

To schedule an appointment contact your closest Health Department:

Bannock County – 233-9080
Bear Lake County – 847-3000
Bingham County – 785-2160
Butte County – 527-3463

Caribou County – 547-4375
Franklin County – 852-0478
Oneida County – 766-4764
Power County – 226-5096

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