



FOR IMMEDIATE RELEASE

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## **Southeastern District Health Department to Hold Flu Vaccination Clinics**

### *Bingham County Office to Offer Flu Vaccinations*

Bingham County - The Southeastern District Health Department (SDHD) will be holding flu vaccination clinics.

Influenza, a contagious disease that is caused by the influenza virus, attacks the respiratory tract in humans. The flu is different from a cold in that it comes on suddenly and may include these symptoms: fever, headache, extreme tiredness, dry cough, sore throat, and body aches. The Advisory Committee on Immunization Practices (ACIP) recommends that vaccination efforts during October and November focus on persons at greatest risk for influenza-related complications. These include:

- People 6 months of age and older can receive inactivated influenza vaccine. It is recommended for anyone who is at risk of complications from influenza or more likely to require medical care:
- All children from 6 months up to 5 years of age.
- Anyone 50 years of age or older.
- Anyone 6 months to 18 years of age on long-term aspirin treatment (they could develop Reye Syndrome if they got influenza).
- Women who will be pregnant during influenza season.
- Anyone with long-term health problems with:- heart disease - kidney disease - lung disease - metabolic disease, such as diabetes- asthma - anemia, and other blood disorders
- Anyone with a weakened immune system due to:
  - HIV/AIDS or other diseases affecting the immune system-long-term treatment with drugs such as steroids -cancer treatment with x-rays or drugs
- Anyone with certain muscle or nerve disorders (such as seizure disorders or severe cerebral palsy) that can lead to breathing or swallowing problems.
- Residents of nursing homes and other chronic-care facilities.

- All persons, including school-aged children, who want to reduce their risk of becoming ill with influenza or of spreading it to others

Influenza vaccine is also recommended for anyone who lives with or cares for people at high risk for influenza-related complications:

- Health care providers.
- Household contacts and caregivers of children from birth up to 5 years of age.
- Household contacts and caregivers of people 50 years and older, and those with medical conditions that put them at higher risk for severe complications from influenza.

**The upcoming flu clinics will be held at the following locations on the listed dates:**

Shelley Senior Center, 193 W. Pine, Shelley, Friday, October 19, 2007 from 9:00 a.m. – 12:00 p.m.

Bingham County Health Department Building, 412 W. Pacific, Blackfoot; Monday, October 22, 2007 from 9:00 a.m. – 11:30 a.m.

Blackfoot Senior Center, 20 E. Pine St., Blackfoot; Friday, October 26, 2007, from 9:00 a.m. – 12:00 noon

Bingham County Health Department Building, 412 W. Pacific, Blackfoot; Monday, October 29, 2007 from 9:00 a.m. – 11:30 a.m.

The clinics that will be held at the Shelley and Blackfoot Senior Centers are walk-in clinics. Those who wish to receive their flu vaccination from SDHD's Bingham County office will need to make an appointment by calling 785-2160. The cost for the flu vaccination for adults is \$23 per person. For individuals who qualify for the Vaccine for Children's Program, the cost is \$14 per person. Medicare and Medicaid can be billed as long as participants bring in their medical card. For more information, or to schedule an appointment, please call Wendy Hoble, RN at 785-2160.

For information about this and many other events SDHD is offering, please see our Calendar of Events page at [www.sdhdidaho.org](http://www.sdhdidaho.org).

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