



1020 Washington St. N, Twin Falls, Idaho
208-737-5900 www.phd5.idaho.gov

October 14, 2010

PRESS RELEASE-For Immediate Release

Contacts: Lisa Klamm, RN, Immunization Coordinator, 436-7185 (Rupert)
Cheryle Becker, Family and Children's Health Administrator, 737-5936 (Twin Falls)

South Central Public Health District Now Offering Seasonal Influenza Vaccine

TWIN FALLS – Fall marks the start of flu season, and South Central Public Health District (SCPHD) is prepared with influenza vaccine that includes protection against the H1N1 flu virus. Flu clinics for the public have already started at SCPHD offices in Twin Falls, Burley, Rupert, Bellevue, Jerome, and Gooding. Injectable vaccines will cost \$23, and the FluMist nasal spray will cost \$30 for adults. A high-dose flu shot for a more robust immune response is available this year for people older than 64 and costs \$38. SCPHD will bill Medicaid and Medicare Part B. Visit www.phd5.idaho.gov for seasonal flu vaccination schedules or call a SCPHD office near you.

National health experts recommend the flu vaccine for everyone older than six months. The flu virus is contagious and spreads quickly, particularly in group settings such as school and workplaces.

The H1N1 flu virus was new last year, and a special vaccine was developed to fight it. This year, the H1N1 flu virus is one of three flu viruses targeted in the annual seasonal flu vaccine. People vaccinated last year against seasonal and/or H1N1 flu will need a new vaccination for this influenza season.

The United States averages 36,000 deaths per year from the seasonal flu, but flu deaths have ranged from 3,000 one year to 49,000 another. The number of flu cases in any year is hard to know because flu isn't a reportable disease.

The flu is contagious before symptoms start so practicing good hygiene at all times can help prevent its spread. SCPHD recommends people:

- Get a flu vaccination.
- Wash hands often and particularly after sneezing and coughing.
- Avoid touching their eyes, nose, and mouth.
- Cover their coughs and sneezes or cough into their sleeve.
- Stay home when sick.

For more information on the seasonal flu, visit the SCPHD website at www.phd5.idaho.gov.

###