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**PRESS RELEASE-For Immediate Release**

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**SCPHD Now Offering Seasonal Influenza Vaccine for \$14**

TWIN FALLS – South Central Public Health District (SCPHD) is beginning to get a lot of reports of flu-like activity from around south central Idaho prompting them to remind everyone to get vaccinated against the flu.

To encourage the public to get vaccinated against influenza, SCPHD is now offering flu shots for \$14 (a savings of \$9) at offices in Twin Falls, Burley, Rupert, Bellevue, Jerome, and Gooding. A high-dose flu shot for a more robust immune response is still available this year for people older than 64 and costs \$38. SCPHD will bill Medicaid and Medicare Part B. Visit [www.phd5.idaho.gov](http://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 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](http://www.phd5.idaho.gov).

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