



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

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MEDIA ALERT

Contact: Cheryle Becker, Family and Children's Health Administrator, 737-5936

SCPHD Reminds the Public the Importance of Fighting the Flu!

TWIN FALLS – With the recent flu-related deaths in Idaho, South Central Public Health District (SCPHD) wants to remind the public the importance of getting vaccinated against the flu. SCPHD is prepared with seasonal influenza vaccine for kids, adults, and seniors.

Flu clinics for the public have already started at SCPHD offices in Twin Falls, Burley, Rupert, Bellevue, Jerome, and Gooding. Injectable vaccines will cost \$31, and the FluMist nasal spray will cost \$37 for adults. A high-dose flu shot for a more robust immune response is available this year for people older than 64 and costs \$43. SCPHD will bill Medicaid, Medicare, and most insurance.

SCPHD has been hosting flu clinics in several Senior Centers throughout south central Idaho and offering FluMist for children at several schools.

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 schools 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.

SCPHD normally holds flu clinics during October, November, December, and into January. The Centers for Disease Control says that it is still valuable to receive the flu vaccine in December, January

and even February. Typically, the peak influenza season in south central Idaho is late January through early March.

Visit phd5.idaho.gov for seasonal flu clinic schedules or call a SCPHD office near you.

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