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MEDIA ALERT

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SCPHD Reminds the Public That It Is Never Too Late for a Flu Shot!

TWIN FALLS – South Central Public Health District (SCPHD) wants to remind the public that it is never too late to get vaccinated against the flu. SCPHD is prepared with seasonal influenza vaccine for kids, adults, and high dose for seniors 65 or older (a higher dose gives seniors a better immune response, which means better protection).

The Centers for Disease Control advises 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.

SCPHD offices in Twin Falls, Burley, Rupert, Bellevue, Jerome, and Gooding are currently offering flu clinics. SCPHD will bill Medicaid, Medicare, and most insurance.

The flu virus is contagious and spreads quickly, particularly in group settings such as schools and workplaces. SCPHD recommends that 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.
- Stay home when sick.

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

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