



# Southeastern Idaho Public Health

For Immediate Release  
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## **Southeastern Idaho Public Health Offers Walk-In Flu Vaccination Clinic on September 25th**

Southeastern Idaho Public Health's Bear Lake County office will be holding a walk-in flu vaccination clinic at their facility on 431 Clay St. on Tuesday, September 25<sup>th</sup> from 8:00 am-noon and 1:00 pm-5:00 pm. Flu vaccination appointments for other days of the week can also be made by calling 847-3000.

Flu shots are covered by most insurance plans; please bring your insurance card with you to the clinic. If you do not have health insurance, or are "underinsured," Southeastern Idaho Public Health is offering \$10.00 flu shots through a partnership with the Idaho Department of Health & Welfare.

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, and dry cough, sore throat, and body aches. Flu symptoms typically start 1-4 days after the virus enters the body and last anywhere between one to two weeks. Adults can pass the flu virus to others for 3-7 days after symptoms start, and children can pass the virus for longer than 7 days. While most people who get the flu will recover in 1 to 2 weeks, some will suffer from complications. Each year thousands of people die, and many more are hospitalized in the U.S. from influenza.

The Advisory Committee on Immunization Practices (ACIP) now recommends vaccination for all persons 6 months of age and older. Certain groups are at a higher risk for influenza complications, including children 6 months through 4 years, those over 50 years of age, pregnant women, healthcare personnel, and people with certain health conditions, such as heart, lung or kidney disease, or weakened immune systems. It is also important for household contacts and child care providers of children under 5 years of age, especially young infants, to be vaccinated. These groups should make influenza vaccination a priority. Southeastern Idaho Public Health offers High Dose Flu shots for those over the age of 65.

For additional information, please contact 847-3000 or visit [www.siphidaho.org](http://www.siphidaho.org).

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