



Southeastern Idaho Public Health

For Immediate Release

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208-239-5250

Pocatello Fire Department Donates \$1,000 to Southeastern Idaho Public Health for Flu Vaccines

To ensure everyone gets their flu vaccination, the Pocatello Fire Department donated \$1,000 to Southeastern Idaho Public Health to help cover the cost of flu vaccinations for people who do not have insurance or are underinsured. The free vaccinations will be provided at a walk in clinic that will be held on Thursday, February 22 at the Pocatello/Chubbuck Senior Citizen Center, 427 N. 6th Avenue from 3:30-5:00 pm. It is not too late to get vaccinated! Getting vaccinated will help protect you and your family for the rest of the influenza season.

Influenza is a contagious respiratory illness that infects 5 to 20 percent of the population every year. Symptoms include fever, headache, fatigue, and sometimes a cough and sore throat. Most people who get influenza recover after a few days, but some people may develop serious complications and even die. Every year, the flu contributes to an estimated 36,000 deaths in the United States, along with more than 200,000 hospitalizations.

People who are especially vulnerable to complications of the flu include:

- Pregnant women,
- People 50 years of age and older,
- People of any age with certain chronic medical conditions, such as asthma, diabetes, heart or lung diseases,
- People who live in nursing homes and other long-term care facilities,
- People who live with or care for those at high risk for complications from flu.

Everyone over six months of age are recommended to get the flu vaccine. Along with the vaccine, people should follow these recommendations to protect themselves and others:

- Cover your mouth and nose with a tissue when coughing or sneezing to prevent infecting other people. Avoid people who appear sick.
- Stay home from work or school when sick,
- Wash your hands frequently, especially after being out in the public. Avoid touching your eyes, nose and mouth until you have washed your hands.
- Get plenty of rest, drink plenty of liquids, eat nutritious foods and take part in physical activity to stay healthy.

For more information, contact Southeastern Idaho Public Health at 233-9080.

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