

DODGE COUNTY
DEPARTMENT OF PUBLIC HEALTH

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Public Service Announcement

Dodge County Public Health to Hold Flu Vaccination Clinic

Flu season will be here soon. The Centers for Disease Control and Prevention (CDC) recommends that **everyone 6 months of age and older** get a yearly flu vaccination and this can begin as soon as vaccines become available. Flu seasons are unpredictable and can be severe.

Influenza (the flu) is a contagious respiratory illness caused by influenza viruses. It can cause mild to severe illness, and at times can lead to death. The best way to prevent the flu is by getting vaccinated each year.

Many people don't get vaccinated because they are healthy and think they won't get sick, and if they do it will be a minor illness. The truth is, even a healthy person can get severely ill and can also pass the flu on to someone else before having symptoms of illness, as well as during the illness.

Getting vaccinated protects you from illness, and it also protects others in the community. Some people, such as older adults, young children, people with certain health conditions and infants under 6 months that can't be vaccinated yet, are at high risk for serious flu complications.

Complications of flu can include bacterial pneumonia, ear infections, sinus infections, dehydration and worsening of chronic medical conditions such as congestive heart failure, asthma or diabetes. These can lead to clinic visits, hospitalization and missed work and school.

Flu viruses are very contagious and spread mainly by droplets made when people with flu cough, sneeze or talk. These droplets can land in the mouths or noses of people who are nearby. Less often, a person might also get flu by touching a surface or object that has flu virus on it and then touching their own mouth, eyes or possibly their nose.

The 2016-2017 (Quadrivalent) flu vaccine (that Dodge County Public Health will provide) will protect against four influenza viruses that research indicates will be most common during the season. This includes influenza A (H1N1) virus, an influenza A (H3N2) virus, and two additional influenza B viruses.

2016 Flu Clinics Scheduled

Dodge County Public Health is having walk-in flu vaccination clinics at the following locations:

Tuesday, Oct. 4th	2:30 - 3:30 pm, Government Services Bldg , 721 Main St N, Mantorville
Wednesday, Oct. 5th	2-3 pm, Hayfield Senior Center , 25 E Main St, Hayfield
Monday, Oct. 10th	4 – 5:30 pm, Kasson Fire Hall , 101 East Main Street, Kasson
Tuesday, Oct. 11th	10-11 am, Claremont City Hall , 140 W Front St, Claremont
Tuesday, Oct. 11th	1-2 pm, West Concord City Hall , 180 Main St, West Concord
Wednesday, Oct. 12th	2-3 pm, Grace Lutheran Church , 404 Central Ave N., Dodge Center
Wednesday, Oct. 19th	9-11 am, Dodge County Public Health , 42 East Main St, Dodge Center
Wednesday, Oct. 26th	2-4 pm, Dodge County Public Health , 42 East Main St, Dodge Center

The cost of the shot is \$37.00. For those individuals covered by Medicare Part B, you **must** bring your Medicare card and your Medicare Advantage card with you for billing purposes. Receipts for insurance reimbursement will be available.

For more information call Dodge County Public Health at 507-635-6150 or 1-888-600-5169 or see the website: <http://www.co.dodge.mn.us/publichealth.html>



Public Health
Prevent. Promote. Protect.