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## NEWS RELEASE

FOR IMMEDIATE RELEASE  
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### **Eastern Idaho Public Health District Offers Flu Vaccine, Including High-Dose Vaccine for People Age 65 and Older**

EASTERN IDAHO – Flu season is here and Eastern Idaho Public Health District (EIPHD) is offering flu vaccinations at all of its offices. The Centers for Disease Control and Prevention (CDC) is recommending EVERYONE 6 months of age and older receive a seasonal flu vaccination. For adults, it takes about two weeks after receiving your flu vaccination for antibodies to develop and provide protection from the flu. So, it is recommended that you get your flu vaccine as soon as it becomes available so that you're protected BEFORE influenza starts circulating in your community.

In addition to the regular injectable flu vaccine and the nasal mist that is normally available, again this year there is a high-dose flu vaccine available for people ages 65 years and older. The high-dose flu vaccine is an injectable vaccine that contains four times the amount of antigen (the part of the vaccine that prompts the body to make antibody) than in regular flu shots. The additional, antigen is intended to create a stronger immune response in the person getting the vaccine. Since human immune defenses become weaker with age, older people are at greater risk of severe illness from influenza. Also, aging decreases the body's ability to produce a good immune response after getting influenza vaccine. This high dose vaccine is supposed to give older people a better immune response and therefore better protection against flu. Adults over 65 years of age can choose to be vaccinated with either the regular influenza vaccine or the high dose vaccine. ***This high-dose flu vaccine is not widely available at flu vaccine providers in the community, but it is available at all EIPHD offices.***

At EIPHD, flu shots are being given by appointment. Please call your local health district to schedule your appointment today. Medicare, Medicaid, and insurance can be billed. Flu vaccinations at EIPHD cost:

Adult, Injection:	\$24
Adult, High-Dose Injection (for ages 65+):	\$40
Adult, Flu Mist (nasal spray):	\$30
Children, Injection or Flu Mist:	Prices vary-starting at \$14

The CDC estimates that approximately 36,000 people die in the United States every year from complications from the flu. The single best way to protect yourself and others against the flu is

--MORE--

to get a flu vaccination each year! Although most people recover from the flu without complications, the CDC indicates that the following people are at high risk for developing flu-related complications:

- Children younger than 5, but especially children younger than 2 years old
- Adults 65 years of age and older
- Pregnant women
- Also, last flu season, American Indians and Alaskan Natives seemed to be at higher risk of flu complications

Influenza, commonly called the “flu,” is a contagious respiratory illness caused by influenza viruses. The flu usually starts suddenly and may include the following symptoms: fever (usually high), headache, tiredness, cough, sore throat, runny or stuffy nose, body aches, and diarrhea and vomiting, which are more common among children than adults.

The flu is usually spread from person to person in respiratory droplets when people who are infected cough or sneeze. People occasionally may become infected by touching something with influenza virus on it and then touching their mouth, nose, or eyes. The single best way to protect yourself and others against the flu is to get a flu vaccination each year, but good health habits can help prevent respiratory illnesses like the flu:

- **Avoid close contact** with people who are sick. When you are sick, keep your distance from others to protect them from getting sick, too.
- **Stay home (from work, school, errands) when you are sick.** You will help prevent others from catching your illness.
- **Cover your mouth and nose** with a tissue when coughing or sneezing.
- **Clean your hands**—washing your hands often will help protect you from germs.
- **Avoid touching your eyes, nose, and mouth.** Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.
- **Practice other good health habits.** Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious foods.

For more information about influenza or flu vaccination, please contact your local Eastern Idaho Public Health District office or visit our website at [www.phd7.idaho.gov](http://www.phd7.idaho.gov).

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*(Editor’s Note: List of EIPHD Office Locations and Phone Numbers included below.)*

### EASTERN IDAHO PUBLIC HEALTH DISTRICT OFFICES

<u>EIPDH Office</u>	<u>Address</u>	<u>Phone</u>	<u>Flu Shots</u>
Bonneville County	1250 Hollipark Drive, Idaho Falls	533-3235	By appointment
Clark County	332 W. Main, Dubois (Open Wednesdays – but will be closed on October 5 & 12)	374-5216	By appointment or walk-in
Custer County	1050 N. Clinic Road, Challis	879-2504	By appointment only
Fremont County	45 South 2 <sup>nd</sup> West, St. Anthony	624-7585	By appointment only
Jefferson County	380 Community Lane, Rigby	745-7297	By appointment only
Jefferson County	1078 E. 1500 N, Terreton (Open Thursdays – but will be closed on October 6 & 13)	663-4860	By appointment or walk-in
Lemhi County	801 Monroe, Salmon	756-2123	By appointment only
Madison County	314 North 3 <sup>rd</sup> East, Rexburg	356-3239	By appointment only
Teton County	820 Valley Centre Drive, Driggs	354-2220	By appointment only