



# Eastern Idaho Public Health

1250 Hollipark Drive • Idaho Falls, ID 83401 • Phone: (208) 522-0310 • Fax: (208) 525-7063

## NEWS RELEASE

FOR IMMEDIATE RELEASE  
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Contact: Mimi Taylor, PIO  
Office: (208) 533.3155  
Cell: (208) 521.6722

### *Eastern Idaho Public Health District Prepares for Flu Season Flu Vaccine Now Available*

**Southeastern Idaho** – The flu season is upon us and Eastern Idaho Public Health (EIPH) is prepared to vaccinate. The flu season stretches from October through May and varies in severity each year. It hits the senior population the hardest with young children a close second. According to the CDC, about 90 percent of flu-related deaths in any single season occur in people older than 64. This was evidenced in the two flu related deaths reported in our state yesterday by the Idaho Department of Health and Welfare. The United States averages 36,000 deaths per year from the seasonal flu. The CDC recommends a yearly flu vaccine for everyone 6 months of age and older as the first and most important step in protecting against this serious disease.

EIPH will provide flu vaccine at all ten of our locations throughout the eight counties that we serve. Vaccine prices for children vary and start at \$14.00. Prices for adults are \$30 for quadivalent injection and \$34.00 for quadivalent flu mist. High dose injection for older adults (age 65+) is \$44.00 and is designed to create a stronger immune response than the regular adult vaccine. High dose flu vaccine is covered by Medicare. EIPH bills insurance, Medicaid and Medicare.

Flu is caused by a virus and is a respiratory illness. Symptoms include fever, dry cough, sore throat, body aches, fatigue, and chills. People with symptoms should stay home to recover and to prevent spreading the virus to others. The flu is contagious before symptoms start, so practicing good hygiene at all times can help prevent its spread. EIPH recommends people:

- Get a flu vaccination.
- Wash hands often; particularly after sneezing, coughing and using the restroom.
- Avoid touching their eyes, nose and mouth.
- Cover their coughs and sneezes or cough into their sleeve.
- Stay home when sick.

According to the Centers for Disease Control and Prevention, last year's flu season was moderately severe. This underscores the importance of being vaccinated. Please call Eastern Idaho Public Health today at (208) 533-3235 to schedule a flu vaccine appointment. For more information, go to EIPH's website <http://EIPH.idaho.gov/>. Like Eastern Idaho Public Health on Facebook for current information on all of our programs.

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