



Eastern Idaho Public Health

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NEWS RELEASE

FOR IMMEDIATE RELEASE
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Free Flu Vaccine Clinics Scheduled at Eastern Idaho Public Health for Uninsured Individuals; \$20.00/dose after the clinics while supplies last

(SE Idaho) – With the first flu-related death reported in the state on October 3, the influenza or flu season is officially upon us and Eastern Idaho Public Health (EIPH) is prepared to vaccinate. The flu season generally stretches from September 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. The Centers for Disease Control and Prevention (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 be providing free flu vaccine to uninsured individuals during scheduled flu clinics on a first come, first serve basis while supplies last. People with insurance are also welcome to attend these clinics as we bill most medical insurance, Medicare, and Medicaid. After the clinics, flu vaccine, for uninsured individuals, will cost \$20.00. It is recommended to make an appointment. The scheduled clinics in Jefferson County are listed below:

- **Mud Lake (1078 E 1500 N) ▪ October 12 ▪ 9:00 - 11:30 am & 1:00 - 3:30 pm ▪ (208) 663-4860**
- **Rigby (380 Community Ln) ▪ October 13 ▪ 9:00 am - 12:00 pm ▪ (208) 745-7297**

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.

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- Cover their coughs and sneezes or cough into their sleeve.
- Stay home when sick.

For more information, go to EIPH's website at www.EIPH.Idaho.gov. Also, like Eastern Idaho Public Health on Facebook for current information on what is happening during the flu season plus information about all of our other programs.

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