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NEWS RELEASE

FOR IMMEDIATE RELEASE
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Eastern Idaho Public Health offering free flu vaccine for uninsured people

(SE Idaho) – 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.

Since we never want cost to be a barrier to receiving needed services, EIPH will be providing free flu vaccine to uninsured individuals at all our office locations. The free vaccine is limited and will be available on a first come, first serve basis while supplies last. Please call the office location closest to you to make an appointment and reserve your dose. A list of all our free clinics is listed below:

Clark County	Wednesday, Oct. 16	9 - 12 and 1 - 3:30	332 West Main - Dubois	208-374-5216
Custer County	Monday, Oct. 21	1:00 pm - 5:00 pm	610 No. Clinic Rd, Ste A - Challis	208-879-2504
Custer County	Tuesday, Oct. 22	10:00 am - 2:00 pm	301 Cedar - Mackay	208-588-2947
Fremont County	Wednesday, Oct. 23	1:30 pm - 6:30 pm	45 South 2nd West - St. Anthony	208-624-7585
Jefferson County	Thursday, Oct. 17	9 - 12 and 1 - 3:30	1078 East 1500 North - Mud Lake	208-663-4860
Jefferson County	Monday, Oct. 21	9 - 11 and 1 - 4	380 Community Lane - Rigby	208-745-7297
Lemhi County	Thursday, Oct. 24	8:00 am - 5:00 pm	801 Monroe - Salmon	208-756-2123
Madison County	Monday, Oct. 21	9:00 am - 4:00 pm (closed at noon)	314 North 3rd East - Rexburg	208-356-3239
Teton County	Thursday, Oct. 24	1:00 pm - 3:30 pm	820 Valley Centre Drive - Driggs	208-354-2220

Influenza is caused by a virus and is a respiratory illness. Symptoms include fever, dry cough, sore throat, body aches, fatigue, and chills. The flu is contagious before symptoms start, so practicing good hand washing at all times can help prevent its spread.

In addition to receiving the flu vaccine and hand washing, EIPH recommends the following strategies to prevent getting and spreading the flu: avoid touching your eyes, nose, and mouth; cover your cough and sneezes or cough into your sleeve; and stay home when you're sick.

For more information, please go to our website and follow us on Facebook for the most current information on what is happening during the flu season plus information about all our other programs.

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