



FOR IMMEDIATE RELEASE
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Flu shots available throughout Snohomish County

\$30 to flu-proof an adult; \$15 for a child – call for appointments Snohomish Health District clinics

SNOHOMISH COUNTY, Wash. – Avoid the misery of flu this year by rolling up your sleeve for a shot. This year's vaccine is available at medical providers and pharmacies throughout the county and will protect against three kinds of influenza virus that make people sick.

Washing hands and covering your coughs are effective ways to reduce spreading and getting diseases. The best way to prevent flu is vaccination. All persons 6 months of age and older need an annual flu shot.

The vaccine is especially recommended for people who

- are 6 months old -- up to their 19th birthday
- **Note: Children age 6 months to 9 years receive two flu shots the first year they are vaccinated**
- are 50 years and older
- are age 6 months and older with certain chronic health conditions
- are pregnant and in any trimester
- live in long-term care facilities
- live with or care for those at high risk for complications from the flu
- are health care personnel
- are household contacts and out-of-home caregivers of infants age 0-6 months (who are too young to receive vaccine)

The fridge at Snohomish Health District is stocked full of vaccine to protect you against the flu. The Vaccine For Children program has vaccine for children age 6 months through age 18 years. FluMist nasal spray is available for children age 2 years through 18 who are healthy and not pregnant. Vaccine also is widely available at private providers' offices, pharmacies and other community locations listed at www.getaflushot.com and www.flu.gov/individualfamily/vaccination/locator.html.

The cost for an adult flu shot at the Snohomish Health District is \$30. A flu shot for a child costs \$15. The Health District accepts payment by cash, check, VISA, MasterCard, Provider One (coupons), and Medicare for clients whose primary insurance is not with an HMO. Clients may apply for a reduced fee, based on income and household size.

Please call for an appointment. **Snohomish Health District clinic hours:**

- **SHD Everett Immunization Clinic, 3020 Rucker Ave, Suite 108, Everett, WA 98201**
425.339.5220 for an appointment: 8 a.m.- 4 p.m., Mon-Wed-Fri; closed on weekends & holidays
- **SHD Lynnwood Immunization Clinic, 6101 200th Ave SW, Lynnwood, WA 98036**
425.775.3522 for an appointment: 8 a.m.- 4 p.m., Tue & Thu; closed on weekends & holidays

Snohomish Health District will be CLOSED ON THESE HOLIDAYS: Nov. 12, Veterans Day; Nov. 22 & 23, Thanksgiving holiday; Dec. 25, Christmas; Jan. 1, New Year's Day.

The US Centers for Disease Control and Prevention (CDC) recommend an annual flu vaccine for all persons 6 months and older who are not severely allergic to eggs. There is a flu shot that is licensed for people age 65 years and older, which contains four times the active ingredients than the regular flu shot. This "super shot" is available in the community, but is not offered at Snohomish Health District. CDC and the American Committee on Immunization Practice do not recommend one type of flu vaccine over another.

Established in 1959, the Snohomish Health District works for a safer and healthier community through disease prevention, health promotion, and protection from environmental threats. Find more information about the Health District at www.snohd.org. **###END###**