**The flu season in Snohomish County is proving to be**[**more severe than usual**](http://www.snohd.org/Shd_MA/MediaFiles/release/REVISEDflu_January_SnohomishHealthDistrictmediarelease010713.pdf)**. Three adults in our county have died from flu complications in the past several weeks.**

Washing hands, covering your coughs, and staying home when you are sick are effective ways to reduce spreading and getting diseases. The best way to prevent illness is vaccination.

Getting a current flu shot is the best way to protect yourself and others. Everyone 6 months and older should get a shot every year, since the flu vaccine changes to match the most common illnesses.

**Where to get a flu shot:**

* **Everett School District Employees who are on one of the district medical plans** (Group Health or Premera) should go to their medical center/provider.  **Flu vaccines are a covered benefit under your plan.**
* **Everett School District Employees who are on a *spouses* *or partners* medical plan** should contact their insurance provider to verify that flu vaccines are a covered benefit and if so, go to their medical center/provider.
* **Everett School District Employees who do not have any type of medical coverage.**  You can go to any local pharmacy and pay out of pocket ($16-$25 depending on the pharmacy).  **Snohomish County is offering TWO Free Whooping Cough and Flu Vaccine clinics for uninsured and/or low income families on Friday January 18th (at the Everett Station) and Saturday January 26th (at the Comcast Arena).** The Snohomish Health District will provide 200 doses of adult flu vaccine and 200 doses of adult whooping cough vaccine, also called Tdap, at the WorkSource event; and 300 doses of each at the Comcast clinic  [**Read More**](http://mylocalhealthguide.com/2013/01/12/snohomish-county-offers-two-no-cost-whooping-cough-flu-vaccination-clinics-jan-18-26/)

