

FOR IMMEDIATE RELEASE – October 28, 2013

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New flu vaccine options available in Snohomish County

Snohomish Health District is ready to fight the flu: Adult flu vaccines start at \$30; \$23 for child's

SNOHOMISH COUNTY, Wash. – Wash your hands, cover your cough, and...get your flu vaccine! The best way to prevent flu is vaccination.

New this season. This year's arsenal of weapons to fight flu includes nasal spray and injectable vaccine that will defend you against four strains of influenza. Also new is an egg-free version for people who are allergic to eggs. Not all providers have the new products – call ahead to check their availability.

“Super” for seniors. Are you 65 or older? Ask your provider about high-dose flu vaccine. This vaccine is four times stronger than the vaccine recommended for under 65.

Plenty in stock. The “routine” vaccine contains three strains of influenza virus. This vaccine is readily available and in good supply throughout the county.

Snohomish Health District clinics have a limited supply of the four-strain kind, and will resupply with three-strain vaccine. The Health District also will have some high-dose vaccine but will not stock the egg-free vaccine.

Washing hands and covering your coughs are effective ways to reduce spreading and getting diseases. The Centers for Disease Control & Prevention and the American Committee on Immunization Practice do not recommend one type of flu vaccine over another. Ask your health care provider which kind of vaccine is right for you.

Vaccination is especially important for people who are at high risk for complications from flu, and for people who live with or care for someone who is at high risk. Some of those people include:

- **Children younger than 5 years old, especially younger than 2.**
- **Adults 65 years and older**
- **Pregnant women**
- **American Indians and Alaskan Natives**
- **People with these medical conditions:**
asthma, diabetes, neurological conditions such as (seizure, stroke, developmental delay) chronic heart, lung, kidney and liver disease, weakened immune systems due to disease or medications (such as HIV, AIDS, cancers, those on chronic steroid medications), children under 19 on aspirin therapy, people who are morbidly obese (BMI of 40 or more)

The full list of high-risk conditions is available on the CDC website at www.cdc.gov/features/flu/.

All persons 6 months of age and older need an annual flu shot. The Vaccine For Children program has vaccine for children age 6 months through 18 years. FluMist nasal spray is available for children age 2 through 18 who are healthy and not pregnant. Vaccine also is widely available at private providers' offices, pharmacies and other community locations listed at <http://vaccine.healthmap.org/>.

MORE...

Snohomish Health District Media Release
Flu Vaccine Available in SnoCo
Oct. 28, 2013
Page 2 of 2

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, 98201

Appointments: 425.339.5220

8 a.m.-4 p.m., Mon-Wed-Fri; closed from noon to 1 p.m. weekdays; closed on weekends & holidays

□ **SHD Lynnwood Immunization Clinic**, 6101 200th Ave SW, Lynnwood, 98036

Appointments: 425.775.3522

8 a.m.-4 p.m., Tue & Thu; closed from noon to 1p.m. weekdays; closed on weekends & holidays

Snohomish Health District will be **CLOSED ON THESE HOLIDAYS**: Nov. 11, Veterans Day; Nov. 28 & 29, Thanksgiving holiday; Dec. 25, Christmas; Jan. 1, New Year's Day.

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###