



The flu season in Snohomish County is proving to be more severe than usual. 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 18<sup>th</sup> (at the Everett Station) and Saturday January 26<sup>th</sup> (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](#)