

## ***News Release***

### ***For Immediate Release***

October 9, 2017

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## **Flu Shots Offered in Eustis on October 18th**

**Eustis-** Southwest Nebraska Public Health Department (SWNPHD) will be offering influenza (flu) shots on Wednesday, October 18th from 9:00 a.m. to 11:30 a.m. at Eustis Senior Center. Anyone six months and older are invited to get their flu shot.

SWNPHD will have regular flu vaccine available as well as high dose for person ages 65 and over and egg free for those with egg allergies. SWNPHD will bill Medicare and several other insurance companies. Cash is also accepted for payment.

“Influenza (flu) is a respiratory illness which affects the nose, throat and lungs. You may spread the flu before you show symptoms of influenza.” states Melissa Propp, SWNPHD Public Health Nurse. “One day prior to becoming ill and between 5-7 days after illness is the time range in which you can infect others.”

Per the Center for Disease Control (CDC), the best way to prevent getting influenza is to obtain a flu shot. CDC also recommends everyday preventive actions (like staying away from people who are sick, covering coughs and sneezes and frequent handwashing) to help slow the spread of germs that cause respiratory (nose, throat, and lungs) illnesses, like flu.

People at High Risk for Developing Flu-Related Complications include:

- Children younger than 5, but especially children younger than 2 years old
- Adults 65 years of age and older
- Pregnant women (and women up to two weeks postpartum)
- Residents of nursing homes and other long-term care facilities
- Also, American Indians and Alaskan Natives seem to be at higher risk of flu complications

Southwest Nebraska Public Health Department (308) 345-4223 serves Chase, Dundy, Frontier, Furnas, Hayes, Hitchcock, Keith, Perkins and Red Willow counties. You can follow us on Facebook and Twitter or view our website at [www.swhealth.ne.gov](http://www.swhealth.ne.gov).

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