

**For Immediate Release**

September 12, 2017

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## **Vaccines for Children & Flu shots Offered September 21st in Ogallala**

**Ogallala-** Southwest Nebraska Public Health Department (SWNPHD) will be offering influenza (flu) shots, in addition to children/adult vaccinations on Thursday, September 21st from 12:30 to 1:30 pm at Prairie View Elementary School. Anyone six months and older are invited to get their flu or other shots.

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. Please schedule an appointment by calling 308-345-4223. Walk-ins are welcome.

“Anyone six months and older should receive a flu shot every year.” states Melissa Propp, SWNPHD Public Health Nurse. “The flu shot is one method of influenza prevention.”

Per the Center for Disease Control (CDC), influenza (flu) is a contagious respiratory illness caused by influenza viruses. It can cause mild to severe illness. Serious outcomes of flu infection can result in hospitalization or death. Some people, such as older people, young children, and people with certain health conditions, are at high risk of serious flu complications.

The flu is different from a cold. The flu usually comes on suddenly. People who have the flu often feel some or all of these symptoms:

- Fever or feeling feverish/chills
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue (tiredness)
- Some people may have vomiting and diarrhea, though this is more common in children than adults.

Southwest Nebraska Public Health Department 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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