

FOR IMMEDIATE RELEASE

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Flu Shot Clinics

Eau Claire, WI – October 13, 2014 – It's that time of year again to protect ourselves and family members from seasonal flu and the complications that it can cause. "Vaccines don't exist for many viruses circulating in our communities, but we are fortunate to have a vaccination for the respiratory flu," states Elizabeth Giese, Director/Health Officer of the Eau Claire City-County Health Department. A yearly flu shot is the best tool available to protect against the flu, but healthy people often question why – or if – they need a flu shot.

I'm healthy – do I really need a flu vaccine?

Influenza (flu) is a contagious disease which affects the lungs and can lead to serious illness, including pneumonia. Even healthy people can get sick enough to miss work or school for a significant amount of time or even be hospitalized.

Even if I get sick with the flu, won't I recover quickly?

Not necessarily. Influenza can be serious and anyone can become sick with flu and experience serious complications. But even if you bounce back quickly, others around you might not be so lucky. Older people, young children, pregnant women and people with medical conditions like asthma, diabetes, heart disease and lung disease are at especially high risk from the flu. Protect yourself and those you care about.

Can't I wait and get vaccinated when the flu hits my community?

It is best to get vaccinated before flu begins to spread. It takes about two weeks for the flu vaccine to provide full protection, so the sooner you get vaccinated, the more likely it is that you will be fully protected once flu begins to circulate in your community.

Do I need one every year?

Flu viruses are constantly changing, flu vaccines may be updated from one season to the next to protect against the viruses research indicates may be most common during the upcoming flu season. Also, a person's immune protection from the vaccine declines over time. Annual vaccination is needed for optimal protection.

Flu shots will be given by the Eau Claire City-County Health Department in locations throughout the county. The cost of the flu shot through the Eau Claire City-County Health Department is

\$39.00. Visit the Health Department web site at www.ehealthdepartment.org or call the immunization line at 715-839-2876 for information on dates, times, and locations of the flu clinics. Flu shots are also available from your healthcare provider and many pharmacies in the community.

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