

Carol Quest, Health Officer

NEWS RELEASE

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**Watertown Department of Public Health to Hold Seasonal Flu and Pneumonia Clinics**

The Watertown Department of Public Health has planned eight seasonal flu clinics to be held throughout the community. The schedule is as follows:

<b>Date</b>	<b>Time</b>	<b>Location</b>
September 24	9am-12pm	Watertown Senior & Community Center
September 30	1-3pm	Marquardt Memorial Manor
October 8	9-11am	Watertown Senior & Community Center
October 9	11am-1pm	Town & Country Bank
October 13	9-11am	Marquardt Memorial Manor
October 20	9-11am	Watertown Senior & Community Center
October 22	9-11am	Highland Village
October 29	1-3pm	Heritage Homes
November 17	1-4pm	Watertown Senior & Community Center

Cost for the seasonal flu shot is \$25.00 and pneumonia shots are \$45.00. Medicare Part B is accepted. Please bring your card so that Medicare can be billed. The health department cannot bill private insurance companies so if you have Medicare and are enrolled in a group health plan (i.e. Humana, Secure Horizons, etc.) the service will not be covered and payment will be due at time of vaccination. No appointments are necessary.

***What is Seasonal Influenza (Also Called Seasonal flu)?***

The seasonal flu is a contagious respiratory illness caused by seasonal influenza viruses. It can cause mild to severe illness, and at times can lead to death. The best way to prevent the seasonal flu is by getting a seasonal flu **vaccination** each year.

Some people, such as older people, young children, and people with certain health conditions (such as asthma, diabetes, or heart disease), are at high risk for serious seasonal flu complications.

***Symptoms of Seasonal flu***

Symptoms of the seasonal flu include:

- fever (usually high)
- headache
- extreme tiredness
- dry cough
- sore throat
- runny or stuffy nose
- muscle aches
- Stomach symptoms, such as nausea, vomiting, and diarrhea, also can occur but are more common in children than adults.

(Continued)

### ***Who Should Get Vaccinated?***

In general, anyone who wants to reduce their chances of getting the seasonal flu can get vaccinated. However, certain people should get vaccinated each year either because they are high risk of having serious seasonal flu-related complications or because they live with or care for high risk persons. During seasonal flu season when vaccine supplies are limited or delayed, the Advisory Committee of Immunization Practices (ACIP) makes recommendations regarding priority groups for vaccination.

#### **People who should get vaccinated each year are:**

- ▶ Children aged 6 months up to their 19<sup>th</sup> birthday,
- ▶ Pregnant Women
- ▶ People 50 years of age and older
- ▶ People of any age with certain chronic medical conditions
- ▶ People who live in nursing homes and other long term care facilities
- ▶ People who live with or care for those at high risk for complications from seasonal flu including:
  - A. Health care workers
  - B. Household contacts of persons at high risk for complications from the seasonal flu
  - C. Household contacts out of home caregivers of children less than 6 months of age (these are too young to be vaccinated)

### ***Who Should Not be Vaccinated?***

Some people should not be vaccinated without first consulting a physician. These include:

- People who have a severe allergy to chicken eggs.
- People who have had a severe reaction to a seasonal influenza vaccination in the past.
- People who developed Guillian-Barré Syndrome (GBS) within 6 weeks of getting an seasonal influenza vaccine previously.
- People who have a moderate or severe illness with a fever should wait to get vaccinated until after their symptoms lessen.
- Children less than 6 months of age (seasonal influenza vaccine is not approved for use in this age group).

If you have any questions, please call the Watertown Department of Public Health at 920-262-8090.