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FROM: DeKalb County Health Department

FOR IMMEDIATE RELEASE

Discounted Flu Shots at DeKalb County Health Department

In the latest weekly Centers for Disease Control and Prevention (CDC) Flu View report, flu activity continues to increase in the United States and it's likely there will be significant flu activity for many weeks to come. Each year, the CDC scientifically predicts the strains most likely to be seen in the upcoming flu season. "This has been a particularly hard year in which other influenza strains have appeared still allowing many cases of influenza to occur," says Cindy Graves, RN, Director of Community Health and Prevention. "It is important to understand that while this may occur, if someone has received their flu shot they will most likely develop a significantly less severe influenza illness."

DeKalb County Health Department (DCHD) wants the community to know that it's not too late to get vaccinated. As long as the flu virus is circulating, vaccination should continue throughout the flu season. Flu vaccinations received at DCHD help to protect against four strains of the flu virus.

To encourage residents who have not yet received their flu vaccines to act and help the risk of flu illness this season in the community, DCHD will be offering discounted rates for flu shots. Flu vaccines will be available at a discounted rate of \$20 cash for community members who would like to get their flu shot. Private insurance, Medicare, and Medicaid with no co-pay will also continue to be accepted as a payment method.

Getting your flu shot is the best way to prevent the flu, however, you can also reduce your risk by practicing the three C's:

- **Clean:** Wash your hands often, with soap and water, clean and disinfect surfaces.
- **Cover:** Cough into your elbow instead of your hands.
- **Contain:** Avoid close contact with people who are sick. If you are sick with flu-like illness, stay home for at least 24 hours after your fever is gone.

DCHD has walk-in flu clinics for adults and children Monday through Friday from 8:00am – 4:00pm.

To learn more about flu vaccinations, visit <http://www.cdc.gov/flu> or www.cdc.gov/fightflu
For more information about the DeKalb County Health Department Services, visit health.dekalbcounty.org or follow us on social media.

