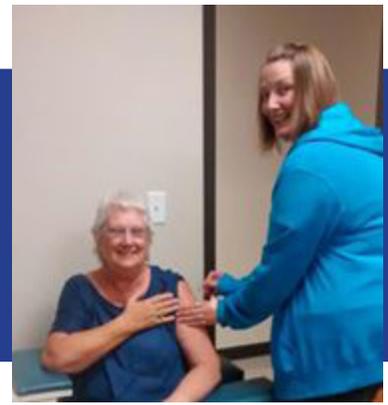


PIKE COUNTY HEALTH DEPARTMENT

NOW OFFERING FLU SHOTS DURING WALK-IN HOUR



The Pike County Health Department is urging residents to protect themselves, co-workers, family and friends by being proactive and getting vaccinated this flu season. The single best way to prevent the flu is to get a flu vaccine every year. CDC now recommends that everyone 6 months of age and older receive an annual influenza “flu” vaccination. The Pike County Health Department is now offering the vaccinations during Walk-in hours M – F from 8a-12p & 1-4p.

Influenza (the flu) is a contagious respiratory illness caused by influenza viruses. It can cause mild to severe illness, and at times can lead to death. Some people, such as young children, older people, pregnant women and people with certain long-term health conditions are at high risk for serious flu complications.

About two weeks after vaccination, antibodies develop that protect against influenza virus infection. This is why yearly flu vaccination should begin in September, or as soon as vaccine is available, and continue throughout the flu season which can last as late as May. This is because the timing and duration of flu seasons vary. While flu season can begin early as October, most of the time seasonal flu activity peaks in January, February or later.

This year again, the PCHD will be administering quadrivalent influenza vaccine which consist of 2 A & 2 B strains for better protection. We also have the high dose for those 65+ years that is recommended by CDC due to the decreasing immune response from this age group. All vaccines will be preservative free.

There are other proactive things you can do along with the getting the flu vaccination to help protect you and your family from the flu:

- Cover your nose and mouth with a tissue when you cough or sneeze, and throw the tissue in the trash after using it. If you do not have a tissue, cover your coughs and sneezes with the inside of your elbow, not your bare hands.
- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose and mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- If you are sick with flu-like illness, it is recommended that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone without the use of a fever-reducing medicine.)
- While sick, limit contact with others as much as possible to keep from infecting them.

The PCHD holds many employee flu clinics at work sites. This lessens the burden for the employees to take time off from work or other important responsibilities. The clinic is convenient and also a benefit for the employer in keeping their staff healthy.

For information to schedule a clinic at a work place, or information on the influenza disease, recommendations, vaccinations, or flu clinics call Rhonda Stumbaugh, RN; Administrator @ 573-324-2111 or go to our website @ pikecountyhealth.org.