



December 3, 2009

FOR IMMEDIATE RELEASE

SDHD Receives Additional Doses of Seasonal Flu Vaccine

The Southeastern District Health Department (SDHD) has received additional doses of seasonal Flu vaccine. Vaccine for children 6 months through 18 years is currently available in all 8 counties. Adult Flu vaccine will be available in 4 of SDHD's county offices, including Butte, Franklin, Oneida and Power County. All vaccine will be provided by **appointment only**.

Influenza, a contagious disease that is caused by the influenza virus, attacks the respiratory tract in humans. The flu is different from a cold in that it comes on suddenly and may include these symptoms: fever, headache, extreme tiredness, dry cough, sore throat, and body aches. The Advisory Committee on Immunization Practices (ACIP) recommends vaccination for all persons who meet the criteria below:

*Age 50 yrs or older

*Age 6 through 18 years

*Having any of the following conditions:

- a chronic disorder of the pulmonary or cardiovascular system, including asthma
- a chronic disease of the blood, kidneys, or immune system (including HIV), or diabetes that has required medical follow-up or hospitalization in the preceding year
 - those receiving long-term treatment with steroids, or cancer treatment with x-rays or drugs
- compromised ability to handle respiratory secretions or an increased risk for aspiration (e.g., cognitive dysfunction, spinal cord injury, seizure disorder, or other neuromuscular disorder)
- a woman who will be pregnant during the influenza season
- a child or teenager receiving long-term aspirin therapy

*Residence in a nursing home or other chronic-care facility

*Likely to transmit influenza to persons at high risk, including

- health care workers, caregivers, or household members in contact with persons having high-risk conditions
 - household contacts or out-of-home caretakers of children birth through 5 years of age
- *Any other person >6 mos of age wishing to reduce the likelihood of becoming ill with influenza should be vaccinated.

Flu symptoms typically start 1-4 days after the virus enters the body and last anywhere between one to two weeks. Adults can continue to pass the flu virus to others for another 3-7 days after symptoms start, and children can pass the virus for longer than 7 days. While most people who get the flu will recover in 1 to 2 weeks, a person who contracts influenza can potentially spread the flu to others.

The cost for the seasonal Flu vaccination is \$14 per child and \$20 per adult. Medicare and Medicaid can be billed as long as participants bring in their medical card and any supplemental insurance.

For additional information or to schedule an appointment, please contact your local health department.

- Bannock County Health Department-234-5885
- Bear Lake County Health Department-847-3000

- Butte County Health Department-527-3463
- Bingham County Health Department-785-2160
- Caribou County Health Department-547-4375
- Franklin County Health Department-852-0478
- Oneida County Health Department-766-4764
- Power County Health Department-226-5096

###