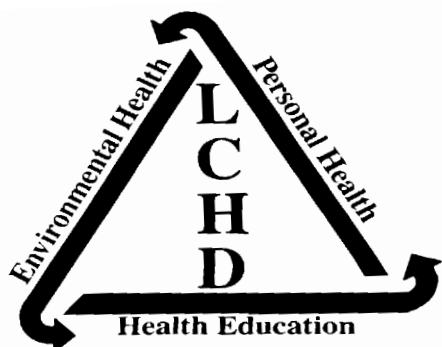


MEDIA RELEASE



Date: March 19, 2019

To: All Media
From: LaSalle County Health Department
717 Etna Road
Ottawa, IL 61350

Contact: Leslie Dougherty (ext. 74314) or
Jenny Barrie (ext.74315)

Phone: (815) 433-3366
For Immediate Release

NEWS RELEASE

“Flu Shots Available”

FOR IMMEDIATE RELEASE:

OTTAWA, IL – Flu season is still upon us. The LaSalle County Health Department is reminding everyone 6 months and older that it’s not too late to still get vaccinated against seasonal influenza (flu). Anyone interested in receiving a flu shot should call the Health Department. All LaSalle County Health Department influenza vaccines are preservative free. The fee for the seasonal flu shot will be \$25. Insurance billing will be provided for Medicare part B and Medicaid eligible clients and also for most health insurance companies. Vaccine for Children (VFC) program available to cover children that qualify for free vaccine. **You must have your insurance card with you.** No Doctors order is required. Children must be accompanied by a parent or guardian.

To lessen your chances of developing the flu, adults and children need to practice good hygiene measures. Teach the importance of covering your mouth when coughing or sneezing, and educate children about hand to mucous membrane transmission. One of the best ways to protect yourself and your children is through frequent and thorough hand washing. People who are exhibiting “flu-like” symptoms should stay home from work, out of childcare and school to minimize transmission.

*Remember the 3 C’s: clean, cover, and contain.

- Clean – frequently wash your hands with soap and warm water.
- Cover – cover your cough and sneeze.
- Contain – contain your germs by staying home if you are sick.

For more information on influenza you can call 1-815-433-3366 or you may visit our website at www.lasallecounty.org. Or like us on Facebook/Twitter.

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