

## MEDIA RELEASE



Date: February 28, 2020  
To: All Media  
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**For Immediate Release**

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### NEWS RELEASE

#### “Flu Shots Still Available”

##### FOR IMMEDIATE RELEASE:

**OTTAWA, IL** – Flu season is upon us. The LaSalle County Health Department is still vaccinating against seasonal influenza (flu). Walk ins are welcome or you can call for an appointment. We also have Influenza HD (High Dose) available for anyone over 65. Human immune defenses become weaker with age. Aging decreases the body’s ability to have a good immune response. A higher dose of protection in the vaccine is added to give older persons a better immune response. This additional protection is intended to create a stronger immune response which will make the vaccine more effective in the elderly.

All LaSalle County Health Department influenza vaccines are preservative free. The fee for the seasonal flu shot will be \$25. The fee for influenza HD will be \$50. 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 is 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](http://www.lasallecounty.org). Or like us on Facebook/Twitter.