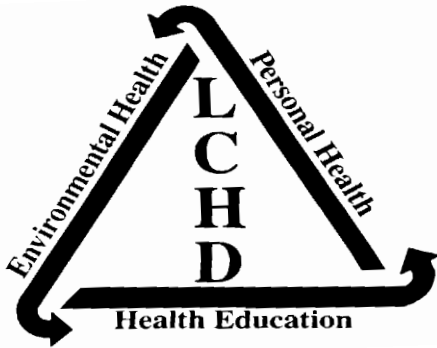


## MEDIA RELEASE



Date: September 29, 2020

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**

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### NEWS RELEASE

#### “High Dose Seasonal Flu Clinic”

##### FOR IMMEDIATE RELEASE:

**OTTAWA, IL** – With flu season quickly approaching, the LaSalle County Health Department will be holding a high dose flu shot clinic on Tuesday, October 6th. This clinic will be **by appointment** only. This Fall and Winter, getting a seasonal flu vaccine will be more important than ever for protecting your health and the health of those around you. The clinic is scheduled from 1:30 pm - 3:30 pm and will be held at the LaSalle County Health Department parking lot, located at 717 Etna Road, Ottawa, IL. Recipients of the flu vaccine are asked to wear a mask and a short- sleeved shirt.

We offer insurance billing or cash only payment. Debit or credit cards **will not** be accepted. The fee for influenza High Dose will be \$50. Most insurances will be accepted. **You must have your insurance card with you and a photo ID.** No Doctors order is required. We will be vaccinating only clients 65 years of age and older. Anyone else needing a regular flu shot should call the Health Department to make an appointment. No pneumonia vaccines available at this clinic. All LaSalle County Health Department influenza vaccines are preservative free.

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.



[www.facebook.com/LaSalleCountyHealth](http://www.facebook.com/LaSalleCountyHealth)



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