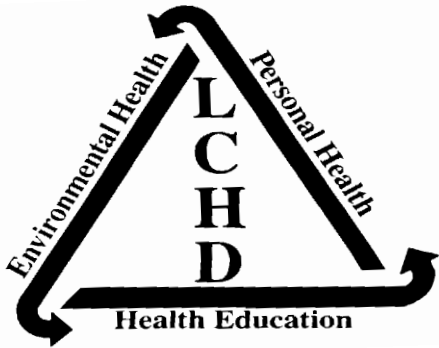


## MEDIA RELEASE



Date: September 17, 2018  
To: All Media  
From: LaSalle County Health Department  
717 Etna Road  
Ottawa, IL 61350  
Contact: Leslie Dougherty (ext. 225) or Jenny Barrie (ext. 226)  
Phone: (815) 433-3366  
**For Immediate Release**

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## NEWS RELEASE

**“LaSalle County Health Department’s Flu Clinics to Begin Saturday, September 29<sup>th</sup>”**

**FOR IMMEDIATE RELEASE:**

**FOR INFORMATION OR INTERVIEWS;** contact Leslie Dougherty at 433-3366 x225 or Jenny Barrie x226.

**OTTAWA, IL** – The LaSalle County Health Department is urging everyone 6 months and older to get vaccinated against seasonal influenza (flu). The LaSalle County Health Department has received its shipment of flu vaccine and will begin hosting flu clinics at the Health Department beginning on Saturday, September 29<sup>th</sup>. Seasonal Influenza Vaccine and Influenza HD (High Dose) Vaccine for persons 65 and older will be available. 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. **You must have your insurance card with you.** No Doctors order is required. Children must be accompanied by a parent or guardian.

The clinic schedule will be as follows:

<b>September 29<sup>th</sup> from 10:00 – 2:00</b>	<b>LaSalle County Health Department</b>
<b>October 18<sup>th</sup> from 1:00 – 5:00</b>	<b>LaSalle County Health Department</b>
<b>October 25<sup>th</sup> from 1:00 – 5:00</b>	<b>LaSalle County Health Department</b>
<b>November 15<sup>th</sup> from 1:00 – 5:00</b>	<b>LaSalle County Health Department</b>

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The flu vaccine's effectiveness varies from year to year. But for those who still get the flu, the symptoms are milder than in those who have not been immunized. Influenza HD will be given to persons 65 and older. 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.

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.

This is also a good time for certain individuals to get a pneumonia vaccination. People who should get a pneumonia shot include:

- persons aged 65 and older
- Adults and children with chronic illnesses such as heart, lung, kidney, or liver disease
- Diabetics
- All persons with a weakened immune system caused by conditions such as HIV, cancer, organ transplant, immunosuppressive medicine, splenectomy, or any other chronic condition.

For those under 65 with a chronic illness it is recommended that it be repeated once after five years. A pneumonia shot is usually necessary only once for those over the age of 65.

The pneumonia vaccine will be available at the Health Department flu clinics. For more information on influenza you can call 1-815-433-3366 or you may visit our website at [www.lasallecounty.org/hd](http://www.lasallecounty.org/hd). Or like us on Facebook/Twitter.

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