



Vilas County Public Health Department

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FOR IMMEDIATE RELEASE

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VILAS COUNTY PUBLIC HEALTH DEPARTMENT SCHEDULES COMMUNITY FLU SHOT CLINICS

Vilas County Public Health Department nurses are once again headed to area communities to administer seasonal flu shots. Everyone 6 months of age and older should get vaccinated against the flu. People at high risk of serious flu complications include young children, pregnant women, people with chronic health conditions like asthma, diabetes or heart and lung disease and people 65 years and older.

This year the cost for the seasonal flu shots will be just \$25.00. The Public Health Department will bill Medicare Part B, Medicaid and some Medicare replacements. As you complete a short patient form, the experienced, trained nurses of the Department's professional staff will be available to provide expert flu-prevention advice.

The flu shot clinic schedule includes:

Oct. 6	Thursday	St. Germain Community Center	9:00am-10:30am
		Boulder Junction Community Center	1:00pm-2:30pm
Oct. 7	Friday	Presque Isle Community Center	9:00am-10:00am
		Winchester Community Center	11:00am-12:00pm
		Manitowish Waters Community Center	2:00pm-3:00pm
Oct. 11	Tuesday	Arbor Vitae Community Center	9:00am-10:00am
		Lac du Flambeau Town Hall	12:30pm-1:30pm

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Oct. 13	Thursday	Land O' Lakes Fire Barn	10:00am-11:00am
		Eagle River Meal Site/ Clearwater Storage/530 HWY 45 South	12:00pm-2:00pm
Oct. 14	Friday	Conover Community Center	9:00am-10:00am
Oct. 17	Monday	Phelps Meal Site- Northern Exposure	11:00am-12:00pm
Oct. 18	Tuesday	Shepherd of the Lakes Church	1:00pm-2:00pm
Oct. 19	Wednesday	Kalmar Senior Center	12:15pm-1:30pm
Oct. 25	Tuesday	Eagle River/Public Health Dept./ 302 West Pine Street	1:00pm-4:00pm

Any clinic cancellations will be announced on the radio.

You can help protect your health by taking the following precautions:

- 1) Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- 2) Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- 3) Avoid touching your eyes, nose or mouth. Germs can spread this way.
- 4) Try to avoid close contact with sick people.
- 5) Stay home if you are sick until at least 24 hours after you no longer have a fever (100°F or 37.8°C or signs of a fever (without the use of a fever-reducing medicine).
- 6) Follow public health advice regarding school closures, avoiding crowds and other social distancing measures.

Pneumonia shots are available for individuals 65 years of age and older. There are some restrictions. Please call us for more information.

For any questions regarding the flu shot clinics, contact the Vilas County Public Health Department at 715-479-3656.

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