



Allen County Health Department
David L. Rosebrock, MPH, Health Commissioner
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N E W S

For Immediate Release
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LIMA – The Allen County Health Department announces that flu shots are now available:

- **Weekdays from 8:00 – 9:00 a.m. and 3:00 – 4:00 p.m.** at the Health Department, 219 E Market Street in Lima.
- **By appointment** - if anyone would like to get a flu shot but cannot come at those times, an appointment may be scheduled by calling 419-228-4457.

Cost of a flu shot is \$20.00. Medicare B card is also accepted. No one will be turned away for inability to pay.

For more information, please call the Allen County Health Department's Information Line at 419-228-4636, option 6.

Who Should Get a Flu Shot?

The CDC suggests flu shots for all adults who wish to reduce their risk of illness with influenza, and especially for the following higher risk groups:"

- **Children aged 6months up to their 19th birthday**
- **Pregnant women**
- **People 50 years of age and older**
- **People of any age with certain chronic medical conditions**
- **People who live in nursing homes and other long-term care facilities**
- **People who live with or care for those at high risk for complications from the flu, including:**
 - **Health Care workers**
 - **Household contacts of persons at high risk for complications from the flu**
 - **Household contacts and out of home caregivers of children less than 6 months of age (these children are too young to be vaccinated)**

NOTE: Allen County Health Department Vaccine will be available only for those who meet these high risk categories.

Persons who should **NOT** get the flu shot include those:

- Having known severe reactions to eggs,
- Who have had a reaction to a previous flu shot, or
- Those having a history of Guillain-Barre' Syndrome (GBS).

- ✓ Check with your family physician if you have any questions about whether or not you should get a flu shot. Persons with acute illness and fever should wait until symptoms have abated. Because influenza

vaccine contains only non-infectious (inactivated) virus, **the flu shot cannot cause the flu**. Side effects from the flu shot include soreness, redness, or swelling at the injection site, fever, and muscle aches. If these problems occur, they usually begin soon after the shot and last 1-2 days.

Vaccine will begin to provide protection about two weeks after injection.

Health Commissioner Dave Rosebrock, MPH, said “This year, the complete change of the flu strains in the vaccine make getting a flu shot even more important. Please consider getting a flu shot this year.” Flu vaccine protects you from **seasonal** flu and is part of staying healthy – just like eating healthy food, staying active and getting plenty of sleep.” In Ohio, flu season is considered to be from November through April, with the peak month being February.

People of any age can get the flu. Most people are ill and may miss work or school for a few days, but some get much sicker and need to be hospitalized from complications such as pneumonia. Influenza causes nearly thirty-six thousand deaths each year, mostly among the elderly. Typical influenza illness has an abrupt onset of fever, extreme fatigue, a headache, sore muscles, a nonproductive and often severe cough, and a sore throat.

The risk of contracting the flu can be minimized through annual vaccination, avoiding known cases, avoiding crowds during outbreaks and by frequent and **thorough hand washing**.

To help keep the clinic running smoothly and effectively, the Health Department is asking participants to note the following tips:

- Please come dressed in short sleeves or other clothing that makes the upper arm easily accessible.
- Vaccine is available only for those who meet the high risk criteria.

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Please contact Becky Dershem at 419-228-4457 for additional information.