

Flu vaccine available at health department

Written by Information submitted
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Allen County Public Health has announced the community season flu shot clinic schedule for everyone 6 months of age and older.

The vaccine will be available at the Allen County Health Department from 8-9 a.m. and 3-4 p.m. Mondays, Wednesdays and Fridays or by appointment. Appointments can be made by visiting allencountyhealthdepartment.org or by phone at 419-228-4457. All clinics are contingent upon vaccine supply availability.

This year, the flu vaccine is being recommended for everyone ages 6 months and older.

The cost of a flu shot is \$30 cash or check. Medicare/Medicaid, Anthem, and Med Mutual insurances are also accepted. It is important for everyone to bring their insurance cards with them.

No one will be turned away for inability to pay while supplies last.

To help keep clinics running smoothly and effectively, participants are asked to come dressed in short sleeves or other clothing that makes the upper arm more easily accessible.

The vaccine will begin to provide protection within about two weeks.

“A flu vaccine not only protects you, it protects everyone you come in contact with – family,

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friends, co-workers and clients. Preventing the spread of flu keeps us all healthier,” Health Commissioner Kathy Luhn, MS, MCHES, said.

In Ohio, the traditional flu season is considered to be from November through April, with the peak months being January and February.

The Center for Disease Control recommends “Take Three” to fight the FLU: 1) Take time to get a flu vaccine; 2) Take everyday precautions to prevent the spread of influenza; 3) Take antiviral drugs if they are prescribed for you.

Everyday ways to prevent getting the flu including avoiding contact with people who are sick, avoiding touching the eyes, nose and mouth and practicing good health habits like disinfecting frequently-touched surfaces at home, work and school.

Getting plenty of sleep, being physically active, managing stress, drinking plenty of fluids and eating nutritious foods also helps.