

FOR IMMEDIATE RELEASE

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Flu Shots Available in Late August

It's time to start thinking about a flu shot again. This season's flu vaccine has arrived in Butte and will be available at the Ruby Valley Medical Clinics by the last week of August. The Madison County Public Health Department will be scheduling flu shot clinics in the fall at the local schools or you can call your healthcare provider to schedule an appointment for your flu shot.

Medical professionals strongly recommend flu shots for –

- Children age 6 months to 5 years old
- Adults over 65 years
- Pregnant women
- Parents and caretakers of infants under 6 months
- Anyone with diabetes, asthma or heart or lung disease
- Caretakers of the elderly or anyone with a high risk of serious flu complications
- Anyone with a depressed immune system or cancer

Flu outbreaks can begin as early as October. Symptoms include a fever of 100 degrees or higher, headaches, body aches, chills, fatigue, nausea and stomach ailments. Your healthcare provider can give you a test to determine whether you have the flu or a cold. If you are in the early stages of the flu, your healthcare provider may prescribe an antiviral drug to mitigate serious flu complications.

Children between 6 months and 8 years old may need two doses of vaccine to obtain full protection from the flu. These doses should be given at least four weeks apart, so it's best to get the vaccinations started early.

For more information about this year's flu season, you can visit

www.cdc.gov/flu/about/season/flu-season-2015-2016.htm on the web.

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