



Public Health
Prevent. Promote. Protect.

HOCKING COUNTY HEALTH **DEPARTMENT**

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No More Excuses: You Need a Flu Vaccine

Influenza (flu) is a contagious disease which affects the lungs and can lead to serious illness, including pneumonia. Even healthy people can get sick enough to miss work or school for a significant amount of time or even be hospitalized. The flu vaccine is recommended for everyone 6 months of age and older. Pregnant women, young children, older people, and people with certain chronic medical conditions like asthma, diabetes and heart disease are at increased risk of serious flu-related complications, so getting a yearly flu vaccine is especially important for them.

Each year, CDC works closely with the U.S. Food and Drug Administration (FDA), and other partners to ensure the highest safety standards for flu vaccines. The most common side effects of flu vaccines are mild. The flu vaccine cannot cause flu illness; however, it can cause mild side effects that may be mistaken for flu. For example, people vaccinated with the flu shot may feel achy and may have a sore arm where the shot was given. People vaccinated with the nasal spray flu vaccine may have a stuffy nose and sore throat. These side effects are NOT the flu. If experienced at all, these effects are usually mild and last only 1-2 days.

The Health Department is offering flu shots on a walk-in basis from 8am-4pm, Monday through Friday. We are now contracted with a number of private insurance companies as well as Medicare and Medicaid. Please bring your insurance card with you, as we may be able to bill for your vaccine. Cost this year is, \$15 fee for Hocking Co. Residents, \$25 for out of county. If you are 18 years old or younger, there is no fee. If you have any questions, please feel free to call us at 385-3030.