

## **News Release**

### ***For Immediate Release***

September 17, 2015

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## **Flu Shots Offered in Hayes Center on September 24th**

**Hayes Center-** Southwest Nebraska Public Health Department (SWNPHD) will be offering influenza (flu) shots at Hayes Center Senior Center on Thursday, September 24th from 11:00 a.m. to 3:00 p.m. SWNPHD can bill Medicare and several insurances. The cash cost is \$30 for a regular flu shot.

“This is a perfect time to get your flu shot before influenza (flu) starts spreading,” encourages Melissa Propp, SWNPHD Public Health Nurse. “It takes about two weeks to receive complete immunity from influenza after getting your shot. Last year the flu hit early and we want everyone to be prepared.”

SWNPHD will also have pneumonia shots available. Call Melissa at 308-345-4223 to reserve your pneumonia shot.

Immunizations are one of the most effective and cost efficient ways to prevent disease. For every dollar spent on immunizations, it saves as much as \$29.00 in direct and indirect health costs.

More information on immunizations is available at [www.swhealth.ne.gov](http://www.swhealth.ne.gov) and you can follow us on Facebook.com/swnphd and Twitter@swpublichealth. Southwest Nebraska Public Health Department serves Chase, Dundy, Frontier, Furnas, Hayes, Hitchcock, Keith, Perkins and Red Willow counties.

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