

## NEWS RELEASE

September 13, 2016

For Immediate Release

Contact: Melissa Propp, RN, [nurse@swhealth.ne.gov](mailto:nurse@swhealth.ne.gov) or call 308-345-4223

### **Flu Shots Available at Southwest Nebraska Public Health Department**

“Flu shots are now available at Southwest Nebraska Public Health Department (SWNPHD),” reports Melissa Propp, RN at SWNPHD. “We added a new vaccine this year that is egg free, preservative free and antibiotic free. If you are allergic to eggs or had a reaction to a previous flu shot, this may be an option for you.” If you have questions about flu vaccine, contact Melissa at 308-345-4223.

Clinics will be held at several locations to help you get your flu shot in a timely manner. Following are scheduled clinics:

- September 23<sup>rd</sup> at Hayes Center Senior Center 10:00 am-2:00 pm
- October 4<sup>th</sup> & November 1<sup>st</sup> at Hayes Center Grade School 4:00-5:00 pm
- October 10<sup>th</sup> & November 14<sup>th</sup> at Medicine Valley High School 4:30-5:30 pm
- October 14<sup>th</sup> at Paxton Community Building 9:30–11:30 am
- October 18<sup>th</sup> and November 15<sup>th</sup> at Hitchcock County High School 3:30-4:30 pm
- October 20<sup>th</sup> & November 17<sup>th</sup> at Ogallala Women’s Resource Center 3:30-4:30 pm
- You can get your shot at the McCook office, located at 404 West 10<sup>th</sup> Street, one block north of Arby’s, on a daily basis Monday through Friday.
- Please call to schedule appointments for any clinic at 308-345-4223.

SWNPHD can bill Medicare and numerous insurances. The cash cost varies upon the type of flu shot: regular \$30, pediatric (6 month – 3 years) \$35, high dose (65 years & older) \$50 and egg free \$30. Contact the SWNPHD office if you have any questions about billing your insurance.

Centers for Disease Control and Prevention (CDC) recommends that every person six months and older receive an annual flu vaccine. Vaccination is the best protection against and flu and from flu-related complications according to the CDC. It takes approximately two weeks to receive complete immunity from influenza after getting the vaccine.

Southwest Nebraska Public Health Department serves Chase, Dundy, Frontier, Furnas, Hayes, Hitchcock, Perkins and Red Willow counties. For more information call Melissa Propp, RN at 308-345-4223. SWNPHD is located at 404 West 10<sup>th</sup> Street, McCook – one block north of Arby’s. You can also follow us on Facebook.com/swnphd and Twitter@swpublichealth.

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