

## News Release

### **For Immediate Release**

September 14, 2016

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## **Flu Shots Offered in Hayes Center on September 23rd**

**Hayes Center-** Southwest Nebraska Public Health Department (SWNPHD) will be offering influenza (flu) shots on Friday, September 23rd from 10:00 a.m. to 2:00 p.m. at Hayes Center Senior Center. Everyone six months and older are welcome.

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.

“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. We want everyone to be prepared.”

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