

For Immediate Release

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Flu Shots Offered in Eustis on October 22nd

Eustis- Southwest Nebraska Public Health Department (SWNPHD) will be offering influenza (flu) shots at the Eustis Senior Center on Tuesday, October 22nd from 9:00 a.m. to Noon. SWNPHD can bill Medicare, Midlands Choice and Blue Cross Blue Shield insurance. The cash cost is \$25 for a 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 be at Eustis-Farnam School giving students flu shots from 3:30 – 5:00 p.m. on the 22nd. Students will need to have a parent or guardian attend the clinic with their child. If a parent is unable to attend, please contact SWNPHD for a proxy permission form. Please schedule an appointment by calling 308-345-4223. The public is also welcome to get their flu shot at this time but students will receive priority. Walk-ins are welcome.

SWNPHD also provides **adult immunizations**, such as shingles, whooping cough, tetanus and pneumonia shots. 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.

Handwashing will also be on agenda for Eustis-Farnam students. SWNPHD will conduct handwashing demonstrations for elementary school students between the flu shot clinics on Tuesday afternoon. “Covering your cough and proper handwashing are key elements to preventing several illnesses, including the spread of influenza,” explains Tami Herskowitz, SWNPHD Surveillance Nurse. “We are looking forward to sharing some easy tips that can make a real difference in keeping kids healthy.”

Students will also receive a handout for their parents on the importance of telling the school what symptoms their child is having when they are sick. “SWNPHD works with schools to track illnesses and your accurate information can help in identifying trends,” states Herskowitz. “We are all working together to help students stay healthy.”

More information on immunizations is available at www.swhealth.ne.gov and you can follow us on Facebook or Twitter. Southwest Nebraska Public Health Department serves Chase, Dundy, Frontier, Furnas, Hayes, Hitchcock, Perkins and Red Willow counties.

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