

SWAIN COUNTY HEALTH DEPARTMENT

SEASONAL FLU VACCINE KICK-OFF



Swain County Health Department will be having its annual Flu Shot Kick-Off for adults beginning Friday, September 27th from 7:45 a.m. until 4:45 p.m. Flu and Pneumonia shots will be available for adults while supplies last. Curb side service will be available to those who need it. Flu shots will be available for children at the Health Department, beginning September 30th, Monday – Friday, 7:45 a.m. 4:45 p.m., while supply lasts.

Regular Medicare Part B pays for flu shots. If you do not have Regular Medicare Part B, cost of the Flu shot will be \$26 and Pneumonia shot will be \$85. Anyone interested in receiving vaccine can call the health department 488-3198 x 0 for more details. You may call Swain County Public Transit at 828-488-3213 to schedule transportation.

Influenza (the flu) is a contagious respiratory illness caused by influenza viruses. It can cause mild to severe illness, and at times can lead to death. To avoid catching the flu, get vaccinated each year and practice good hand hygiene. To avoid giving the flu to others, stay home when you are sick, cough or sneeze into tissues and discard them properly, and wash your hands frequently with soap and water or use an approved hand sanitizer if soap and water are not available.

In North Carolina, it's estimated almost 2,000 older adults will die this year from Flu and Pneumonia. Although these vaccines are both effective and available, many individuals simply don't get them.

Swain County Health Department wants to remind everyone that, "These statistics can be improved substantially if more of our state's older adults are protected by both immunizations."

TOP 10 REASONS FOR GETTING THE FLU SHOT:

10. You have a chronic medical condition
9. You have a weakened immune system
8. You are a senior citizen
7. You are 6-23 months of age
6. You are a health care provider
5. You provide essential community services
4. You can't afford the time off work
3. You are traveling to another country
2. You live with someone who has a chronic medical condition



AND THE #1 REASON YOU SHOULD GET THE FLU SHOT.....

1. You care about your own health and the health of those around you!