



## Kingman County Health Department

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**FOR IMMEDIATE RELEASE** – Sept. 26, 2014

For more information, contact Mary Schwartz, RN, 620-532-2221 / mschwartz@kmcohealth.com

### **Flu vaccine available Oct. 3 at County Health Department**

The Kingman County Health Department will begin offering seasonal flu vaccinations (flu shots) on Friday, Oct. 3. Call the Health Department at (620) 532-2221 to make an appointment.

The Health Department will offer the quadravalent vaccine, which provides protection from the four most dangerous flu viruses, and the high-dose flu vaccine, which provides the best protection for those who are age 65 and older.

The most important thing is for most people 6 months and older to get a flu vaccine every year. If you have questions about which vaccine is best for you, talk to your doctor or other healthcare professional. A flu shot protects not only you but also those who cannot protect themselves, including newborns or someone who just can't fight off infection very well.

Early vaccination means faster protection. It takes about two weeks for antibodies to develop and make the vaccine effective. Flu season typically peaks in January but it can begin as early as October and last as late as May, according to the Centers for Disease Control.

The flu can be nasty and sometimes life-threatening. Symptoms include respiratory congestion, difficulty breathing, body aches, chills and fever. The flu can be especially problematic for those who already deal with chronic health conditions.

For more information about the flu vaccine, please contact the Health Department.

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