



## **HEALTH AND HUMAN SERVICES DEPARTMENT**

### **PUBLIC HEALTH – ENVIRONMENTAL HEALTH**

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### **Public Health Offering Flu Shots**

Yamhill County Public Health will start flu vaccination clinics on Tuesday October 23<sup>rd</sup> and continue while supplies last. The flu clinics will occur on Tuesdays and Thursdays from 9-11:30am and from 1:00-4:30pm. Clinics will be held on a walk-in basis at the Public Health building at 412 NE Ford St. in McMinnville, across from the courthouse. Medicare, Medicaid and Blue Cross/Blue Shield insurances can be billed, and people under those plans will not need to pay up front. The cost of the flu vaccine is \$29.56, and \$46.89 for pneumonia vaccine. People without insurance or unable to pay may be able to receive the flu vaccine for a reduced fee of \$15.19 or less.

Some children may be eligible for low cost flu shots and nasal spray for children under the Vaccines for Children program. Children ages 6 months through 18 years are eligible if they have no insurance, are on the Oregon Health Plan or are Native Alaskan or American Indian.

During this season we all need to do more to stay healthy. This includes: covering your cough, washing your hands after going to the bathroom and before touching food, staying home when you feel ill, getting plenty of rest, drinking plenty of fluids, and cutting back on smoking. These methods are effective at preventing not only the flu, but other colds and illnesses as well.

To find a flu clinic near you go to the American Lung Association website at [www.lungusa.org](http://www.lungusa.org). For more information visit the county website at [www.co.yamhill.or.us/PH](http://www.co.yamhill.or.us/PH) or call 503-434-7525 or 554-7842.

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### **Additional Information**

While people who are at higher risk for complications from the flu remain targeted, there is enough vaccine for anyone wanting to protect them self from the flu. According to Health Officer, Bob Moore, MD., “We especially encourage families with young children to get vaccinated. In addition, school-aged children should be vaccinated because they are the main source of disease for other family members”.

For healthy people between the ages of 2-49 the live flu vaccine is a good option. This vaccine is a nasal spray, called FluMist®. “Studies have shown that the live vaccine is significantly more effective than the injectible, reports Moore.”

Oregon Department of Human Services <http://oregon.gov/DHS/ph/acd/flu/influenza.shtml>

Centers for Disease Control & Prevention [www.cdc.gov/flu/protect/](http://www.cdc.gov/flu/protect/)

American Lung Association FluClinic Locator  
[www.lungusa.org/site/pp.asp?c=aqKGLXOAIH&b=1015035](http://www.lungusa.org/site/pp.asp?c=aqKGLXOAIH&b=1015035)