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Flu Shot Clinic in Bear Creek

Bay County – The Bay County Health Department is offering a flu shot clinic at the Bear Creek Fire Station on Hwy 231 in Youngstown on December 19, 2011 from 9am to 12pm and 1pm to 3pm. Flu vaccination for children up to age 18 is free. The regular flu vaccine will cost \$29 for adults. High dose flu vaccine for adults 65 years and older will be available at a cost of \$42. Cash, check, and insurance will be accepted. No appointments are necessary.

“It’s not too late for people to protect themselves and their families by getting vaccinated and practicing good hygiene habits daily,” Sandon Speedling, Bay County Health Department Clinic Manager said. “With the holidays approaching and many people traveling, these simple preventive measures may lessen your risk of exposure to the virus or its transmission to others.”

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose and mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- If you are sick with flu-like illness, stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone without the use of a fever-reducing medicine.)
- Get re-vaccinated EVERY YEAR because flu viruses change each year!

Be sure to watch for symptoms of the flu, such as headache, fever, a severe cough, runny nose or body aches. Contact your healthcare provider or local hospital immediately if symptoms appear.

For more information on flu prevention, visit:

The Centers for Disease Control and Prevention website: <http://www.flu.gov>

The Bay County Health Department website: <http://www.baycountyhealth.org>

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