



Grant County Health District – Always Working for a Safer and Healthier Grant County

Ephrata Office County Courthouse
PO Box 37, Ephrata WA 98823
509-754-6060

Moses Lake Office
1038 West Ivy Suite 1, Moses Lake WA 98837
509-766-7960

<p>FOR IMMEDIATE RELEASE 11/10/2011</p> <p>TO: Grant County Media</p>	<p>FOR INFORMATION CONTACT</p> <p>Theresa Fuller, Public Information Officer 509-766-7960 x24</p>
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Flu Season Arrives in Grant County

Grant County, WA— Getting your flu shot now means you will be protected in time for holiday family gatherings. You can choose from two types of flu vaccine--a flu shot or the nasal spray. If you're not sure which is best for you or your family, ask your doctor, nurse, pharmacy, or clinic.

This year there is a special kind of flu vaccine called Fluzone High-Dose that is approved for people aged 65 and older. The vaccine is stronger than the regular flu shot. Fluzone High-Dose is not recommended for all people. If you're not sure which is best for you, ask your doctor, nurse, pharmacist, or clinic.

The Grant County Health District (GCHD) reminds everyone:

- People with the flu can make others sick 1 day **before** symptoms appear and up to 5 days **after** symptoms begin.
- Cover your nose and mouth when coughing or sneezing.
- Use tissues and throw them away in nearest garbage can.
- Wash your hands (with warm water and soap or alcohol-based hand sanitizer) after coughing, sneezing or touching your nose or mouth.
- If you are sick, stay home.

People who are diagnosed with the flu by a doctor or who have a cough with a fever should remain at home until the fever and cough are gone to avoid spreading flu to others. If staying at home is not possible, GCHD recommends the use of a mask when in a public place like the grocery store or doctor's office. Both children and adults should remain at home if they are sick with the flu. Masks are also recommended for ill mothers when caring for their babies.

Visit GCHD Moses Lake office on Tuesdays from 9:00-11:00 am for your seasonal flu shot or visit our web site www.granthealth.org to find a flu shot near you.

To help you identify the signs of flu, please stop by GCHD Moses Lake office at 1038 W Ivy or the Ephrata office near the Grant County Courthouse for a free thermometer.

Flu Shot Clinic Hours

**Grant County Health District
Moses Lake Office
1038 West Ivy**

Tuesdays 9:00-11:00 am

**Adults Only
\$25**

**Cash, check or
GCHD will be Medicare.**