



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

**FOR IMMEDIATE RELEASE**

02/06/09

**FOR INFORMATION CONTACT:**

TO: Grant County Media  
Grant County Childcares  
Grant County School Nurses, Public and  
Private Schools

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**Grant County Health District reports flu cases up in the county and reminds residents it is not too late to get a flu vaccine.**

GRANT COUNTY - Flu activity is increasing in Grant County, according to public health officials. Eight Grant County healthcare facilities have reported a total of 21 positive influenza test results so far for the 08-09 flu season. 19 of the 21 cases did not receive a flu vaccine this year. Washington State Department of Health reports Influenza activity continues to be low but is slowly increasing. CDC reports that influenza activity continued to slowly increase in the United States.

The flu season usually peaks in late February or early March. "The best way to prevent getting—and spreading—the flu is to get vaccinated," said Health Officer Dr. Brzezny. "It's not too late; the flu season is really just getting started.

Contact your health care provider or the Grant County Health District about getting vaccinated."

<b>Grant County Health District Flu Vaccine Information</b>		
<b>Flu Shot</b> \$25 Adults. \$15 Children 6 months-18 years.		
<b>Flu Mist (inhaled vaccine)</b> Limited supply available at no cost.		
Ephrata Office	Next to the Grant County Courthouse on C Street 754-6060	Mondays 1:00 - 4:00 pm
Moses Lake Office	1038 West Ivy Suite 1 766-7960	Wednesdays 8:30 - 11:00 am

The CDC now advises **all children from six months through 18 years of age** be vaccinated against the flu. Vaccination is also recommended for any adults who want to protect themselves from the flu. Adults 50 and older, people with certain chronic medical conditions like asthma, household contacts of people with chronic illnesses, pregnant women, healthcare workers and childcare providers are especially encouraged to get vaccinated.

Besides getting your flu vaccine, you can take the following actions to stop the spread of the flu and other illnesses:



- Cover your coughs and sneezes.
- Use tissues and throw them away after each use.
- Wash your hands often.
- Stay home if you are ill. Don't go to work.
- Children should not attend child care or school if they are ill.

***Remember last year's vaccination  
won't protect you this year.***

Download flu related educational materials from the Centers for Disease Control and Prevention at:  
[www.cdc.gov/flu/professionals/patiented.htm](http://www.cdc.gov/flu/professionals/patiented.htm)

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