



# LEWIS & CLARK CITY-COUNTY Health Department

1930 Ninth Avenue  
Helena, MT 59601  
PH: 406.4HEALTH or 406.443.2584  
Fax: 406.457.8990

## **Media Advisory** **October 21, 2008** **FOR IMMEDIATE RELEASE**

CONTACTS: Kay Robertson, Public Health Nurse, Lewis and Clark City-County Health Department, 457-8945, krobertson@co.lewis-clark.mt.us

### **To Kick off the Flu Shot Season, Lewis and Clark City-County Board of Health to get Flu Shots**

**HELENA** – The Lewis and Clark City-County Board of Health will receive their annual flu shots at the City-County Building where health department officials will be on hand to discuss importance of routine immunization against influenza.

**WHO: Lewis and Clark City-County Board of Health**

**WHAT: Flu Shots**

**WHEN: Thursday, October 23, 2008**

**TIME: 3:00 PM to 3:30 PM**

**WHERE: City-County Building, 316 North Park  
Commission Chambers, Room 330**

Now is the time to get vaccinated against the flu! The flu season in the United States can begin as early as October and last as late as May and routine immunization is the most effective way to prevent influenza and decrease influenza-related complications, which can include serious illness and death. Vaccine is available to anyone who wants to reduce his or her chances of getting influenza.

**FLU FACTS:** According to the Centers for Disease Control (CDC), every year in the US more than 200,000 people are hospitalized with the flu and about 36,000 die from its complications. Ninety percent of those deaths occur in those ages 65 and older, but the highest rates of infection occur in children. And healthy children younger than two years of age are as likely to land in the hospital because of influenza as those over 65.

Because children bear a significant burden from influenza, this year the CDC advises that ALL children from 6 months through 18 years of age be vaccinated. Evidence is showing that reducing influenza transmission among children has the potential to reduce influenza among their household contacts and within the community.

The Lewis and Clark City-County Health Department will be offering flu shot clinics in the Helena area beginning in November. For the latest information call the **Flu Hotline 457-8904**.

*The Lewis & Clark City-County Health Department's mission is to improve and protect the health of all Lewis & Clark County residents.*

#####