FOR IMMEDIATE RELEASE
October 6, 2017

ST. MARIES, ID – Panhandle Health District (PHD) is encouraging everyone over six months of age to get their influenza vaccine. Flu season has arrived in Benewah County and now is the best time to protect yourself.

Influenza, better known as the ‘flu,’ spreads every year throughout Benewah County and can have a significant impact on the community. By getting a flu shot, residents are not only protecting themselves, but other people they live with, work with and interact with.

In St. Maries, Panhandle Health District is offering walk-in flu shot appointments from 8:00 AM – 5:00 PM every Monday and Thursday, unless otherwise posted. Off-site clinics hosted by PHD are offering flu shots for adults at the following times:

October 23: Harrison Grange, 11:00 AM – 2:00 PM
October 23: Medimont Grange, 5:00 PM – 7:00 PM
October 24: Calder School, 9:00 AM – 3:00 PM
October 25: Fernwood Senior Meal Site, 10:00 AM – 2:00 PM

All medical insurance, including Medicaid and Medicare Part B are accepted. Most insurances cover the cost of flu shots. Without insurance, a children’s flu shot is $20.00, and adult flu shot is $49.00 and a high-dose flu shot (recommended for those 65 and older) is $88.00.

An annual flu shot is the best way to protect yourself from flu-related illness. You can continue to prevent the spread illness throughout your community by washing your hands often and avoiding people with cold or flu symptoms. If you have flu symptoms, it is advised that you stay home to prevent spreading the virus to others. And as always, cover your coughs and sneezes.

If you prefer to make an appointment for your flu shot or have any questions, please call (208) 245-4556.

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