



Panhandle Health District

Healthy People in Healthy Communities

Public Health
Prevent. Promote. Protect.

Panhandle Health District

FOR IMMEDIATE RELEASE

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Flu Shots Available at all PHD Clinics

HAYDEN, ID – Panhandle Health District (PHD) is encouraging everyone over six months of age to get their influenza vaccine. Flu season is just around the corner and now is the best time to protect yourself.

Influenza, better known as the 'flu,' spreads every year throughout the North Idaho Panhandle 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, work and interact with. The exact timing of flu season can vary, but flu activity often begins to increase in October and peaks between December and February and can last as late as May.

According to data from the Idaho Department of Health and Welfare (IDHW), the 2018-2019 flu season resulted in 58 deaths in Idaho. In the Panhandle, there were 8 flu-related deaths. Of those, seven were in people over the age of 50 and one was in a person between the ages of 19-49. The best way to protect yourself from the flu, is to get a flu shot.

Nationwide, the 2018-19 flu season lasted a total of 36 weeks. In Idaho, the majority of those who tested positive for influenza had type A/H1N1. PHD can take walk-in adult patients who would like a flu vaccine, but ask that you schedule an appointment for children so staff can properly review their record. For walk-in hours, please contact the PHD clinic nearest you.

PHD offers a quadrivalent flu vaccine, meaning it protects against four different flu viruses, two influenza A viruses and two influenza B viruses. The quadrivalent flu vaccine provides a broader protection against circulating flu viruses compared to a trivalent vaccine, which only protects against three flu viruses.

“You can receive your flu shot at almost any pharmacy now, but it is important to ask what vaccine they carry,” said Kristina Meyer, nurse manager at Panhandle Health District. “Many grocery store pharmacies carry only a trivalent vaccine, which protects against three flu viruses. The greatest protection you can receive is with a quadrivalent flu vaccine, so we encourage everyone to ask their pharmacy what vaccine they carry.”

All medical insurance, including Medicaid and Medicare Part B are accepted. Most insurances cover the cost of flu shots. For uninsured, a children's flu shot is \$20.00, and an adult flu shot is \$23.00. High dose flu shots are available for those 65 and older, please call for pricing.

An annual flu shot is the best way to protect yourself from flu-related illness. You can continue to prevent the spread of 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.

Call your local PHD clinic for days and times they are available to take walk-ins or schedule an appointment. For more information on the flu, visit www.panhandlehealthdistrict.org.

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Panhandle Health District provides over 40 different public health programs to families, individuals and organizations in northern Idaho. From food and drinking water safety to health education and disease control, public health services are critical to ensure our community is a safe and healthy place to live, work and play.

The PHD team is made up of nurses, nutritionists, environmental health specialists, health educators and many other dedicated professionals with a common goal to deliver vital public health services.

Panhandle Health District is one of seven health districts in the state of Idaho.