



Panhandle Health District

Healthy People in Healthy Communities

Public Health
Prevent. Promote. Protect.

Panhandle Health District

FOR IMMEDIATE RELEASE

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Media Contact: Katherine Hoyer

(208) 415-5108

Flu Shots Available at all PHD Clinics

PANHANDLE, ID – Panhandle Health District (PHD) is offering flu vaccine at their five north Idaho locations. As with all preventative care, it's still important for you and your loved ones to receive this year's flu vaccine.

This year PHD is offering drive-thru flu clinics in three locations:

Hayden – 8500 N. Atlas Rd.

9am - 1pm, October 6th

Sandpoint – Travers Park 2102 Pine St. (across the street from the health district building)

9am – 1pm, October 6th

St. Maries – Cormana Building 1101 Idaho Ave.

9am – 1pm, October 5th

“Last year saw a record-low number of flu cases, likely thanks to widespread mask wearing, remote work and school, and physical distancing,” said Kristina Gavin, BSN, RN, Clinical Services Nurse Manager for PHD. “Many experts believe that might lead to a serious flu season, given the fact that most of us were not exposed to flu last year, so we might not have as much immune protection. As a result, we might be at greater risk for flu this year than previous years. This year, experts fear that the reopening of schools, decreased adherence to pandemic precautions and surging delta variant infections could create a double whammy: a very serious flu and COVID-19-season.”

These drive-thru clinics are convenient as anyone attending does not need to leave the comfort of their vehicle, making it fast and convenient. PHD staff will take all necessary precautions to keep everyone safe during the process. They are offering adult vaccine and high-dose vaccine for seniors at the drive-thru clinics. For pediatric flu vaccine, please call to schedule an appointment at the clinic nearest you.

This fall and winter, PHD expects that both the flu virus and COVID-19 will be circulating, so it's important for everyone to take precautions to protect themselves and others. Many symptoms of the flu are similar to COVID-19, so it may be hard to tell what you have become ill with. Seeking testing in these circumstances will help determine how you should move forward with self-isolating and managing your symptoms. The flu and COVID-19 are caused by different viruses, so testing will confirm the diagnosis.

One distinct symptom of COVID-19 that is not similar to flu symptoms is the loss of taste or smell. That particular symptom does not occur with the flu and individuals experiencing that symptom should consult their provider.

It's recommended that individuals receive a flu vaccine before flu viruses begin spreading in our community, since it takes about two weeks after vaccination for antibodies to develop in the body and provide protection against flu. Make plans to get vaccinated early in fall, before flu season begins. CDC recommends that people get a flu vaccine by the end of October. If you are unable to get a flu shot prior to the end of October, it is still important to receive one as the vaccine will protect you throughout the remainder of the flu season.

In Idaho, there were 5 influenza-related deaths in the 2020-2021 season. Of those, 1 occurred in our area, compared to 9 the previous season.

Call your local PHD clinic to schedule an appointment for your flu shot today if you are unable to make it to any of the drive-thru clinics. For more information on the flu, visit www.panhandlehealthdistrict.org. Flu shots can also be found using vaccinefinder.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.