



Panhandle Health District

Healthy People in Healthy Communities

Media Contact:
Katherine Hoyer
208-415-5108

NEWS RELEASE

When is the Best Time to Receive Your Flu Shot

Panhandle Health District – August 22, 2024

It's late August and you may already be seeing advertisements for flu vaccines being available. Although it may seem appealing to get your flu shot out of the way early, it isn't advisable by healthcare professionals.

"August is too early if you want to be protected through the entire flu season," said Karianne Yarnell, Registered Nurse and Vaccine Coordinator for Panhandle Health District (PHD). "The optimal time to receive your flu shot is late September or early October. That way the vaccine won't wane before the flu season is over, giving you the greatest amount of protection throughout the entirety of the season."

Respiratory virus season, when flu, COVID, RSV and other bugs are circulating, typically begins in mid to late September and can last through April. The season usually peaks in January and February. Everyone 6 months and older is recommended to receive a flu vaccine annually.

Each year, the flu vaccine is updated to match the circulating flu viruses. Typically flu vaccines protect against the three or four viruses that research suggests will be most common for that flu season. Since flu viruses are constantly changing, the vaccine is updated to provide the best protection.

"In addition to being vaccinated, everyday preventive actions can stop the spread of viruses," said Yarnell. "Stay home from work or school when you're sick, cover your coughs and sneezes, wash your hands and disinfect surfaces to keep your family healthy."

PHD offers flu, RSV, and COVID vaccines by appointment at their locations in Hayden, Sandpoint, Bonners Ferry, St. Maries, and Kellogg. In addition to office appointments, the public may attend any of the following flu clinics to receive an influenza vaccine:

Kroc Center

1765 W. Golf Course Rd. Coeur d'Alene
9/11 & 9/18, 9am-2pm

PHD Hayden (drive-thru clinic)

8500 N. Atlas Rd. Hayden

9/23 & 10/1, 9am-2pm

Sandpoint (drive-thru clinic)

Coffelt Funeral Services, 109 N Division, Sandpoint

9/25, 10/2, 1pm-4pm

PHD St. Maries (drive-thru clinic)

137 N. 8th St. St. Maries

10/7, 9:30am-2pm

Canfield Middle School (drive-thru clinic)

1800 E. Dalton Ave. Coeur d'Alene

10/3, 4pm-7pm

Kellogg (drive-thru clinic)

Kellogg School District Office, 800 Bunker Ave, Kellogg

9/27, 11am-3:30pm

Priest Lake (drive-thru clinic)

St. Blanches Catholic Church, 27832 Hwy 57 Priest Lake

10/9, 10am-2pm

#

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.