

# CDC announces change in flu shots

By Enterprise Staff

The Centers for Disease Control and Prevention is recommending that all children 6 months to 18 years old get a flu shot this year.

In previous years, the CDC emphasized vaccinating children 5 and older only if they had other health problems, according to a recent Livingston HealthCare news release.

More than 200,000 people in the U.S. will be hospitalized with influenza, and 36,000 will die from the disease. The best way to prevent the flu is vaccination, the release said. Children are three times more likely to get the flu than adults, and more likely to spread diseases.

Paula Coleman, pediatric nurse practitioner at Livingston HealthCare, said the CDC's focus on young children is evidence they are at a higher risk than adults and more likely to spread infection.

"Expanding the number of people receiving flu shots is the best way to protect the most vulnerable people in our community," she stated.

According to LHC pediatrician Peggy O'Hara, it is important for the public to be informed.

"Talk to your doctor, discuss options for the whole family and vaccinate against the influenza virus," she said.

LHC is offering four walk-in flu shot clinics this year. The shots cost \$20, paid at the time of service unless you are a member of Medicare or Medicaid. The flu clinic dates are:

- Wednesday, 5:30 p.m.-8 p.m., at the Park Clinic on West Crawford Street.
- Saturday, 7 a.m. - 8 a.m., at the Park Clinic.
- Nov. 8, 7 a.m. - 1 p.m., at the Fall Health Festival at the Park County Fairgrounds.
- Nov. 12, 5:30 p.m. - 8 p.m., at Park Clinic.

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