

Livingston HealthCare recommends flu shots

By Enterprise Staff

Flu season will soon be upon us.

The flu is caused by the influenza virus, and is most common from December to April each year. Every year more than 200,000 people are hospitalized, and an average of 36,000 die from influenza. The best way to prevent the flu is vaccination, according to a news release from Livingston HealthCare.

The flu vaccine is designed to reduce the spread of this year's predicted strains of influenza. It is 80 percent effective in preventing disease and is recommended to be taken in October and November because it stimulates the immune system to make antibodies against the virus for the upcoming flu season, according to the news release.

This year's vaccine includes the H1N1 strain that was prevalent last year.

Flu vaccines are recommended for everyone, but especially for:

- Children 6 months to 18 years old.
- Adults over age 55.
- Anyone with a chronic medical condition such as asthma or diabetes.
- Pregnant women.
- Healthcare workers.
- Daycare workers and educators of children.

Flu shots are \$20 and are now available at Livingston HealthCare by appointment. To schedule an appointment, call Park Clinic at 222-0800. Flu shots will also be available at the Fall Health Festival, which will be held at the Park County Fairgrounds on Nov. 6, from 7 a.m. to noon.

Flu shots will also be available at these locations: Community Health Partners, Mammoth Clinic, Osco Pharmacy (Albertsons), Park County Health Department, Shields Valley Health Center and Western Drug Pharmacy.