



FOR IMMEDIATE RELEASE
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CONTACT: Sandi Marlowe
(406) 823-6262 (off)
(406) 223-6168 (cell)
smarlowe@livingstonhealthcare.org

Important Information about Prevention and Treatment of Influenza

“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.

The “flu” vaccine is designed to reduce the spread of this year’s predicted strains of influenza. It is 80% effective in preventing disease and is recommended in October/November because it stimulates the immune system to make antibodies against the virus. This year’s vaccine includes the H1N1 strain that has been so prevalent in the past year. Flu vaccines are recommended for everyone, but especially:

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

“You can do something to reduce you and your family’s chances of getting sick this winter,” says Scott Coleman, MD, a family medicine provider at Livingston HealthCare. “It is important to be informed, talk to your doctor, discuss options for the whole family and vaccinate against the influenza virus.”

Flu shots are \$20 and are now available at Livingston HealthCare by appointment. To schedule an appointment, call Park Clinic at 222-0800. You can also get a flu shot at the Fall Health Festival on November 6, 7:00 am – 12:00 pm at the Park County Fairgrounds, or at these other Park County locations:

- Community Health Partners
- Mammoth Clinic
- Osco Pharmacy (Albertson’s)
- Park County Health Department
- Shields Valley Health Center
- Western Drug Pharmacy

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