



Polk County Health Department



Public Health
Prevent. Promote. Protect.

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It's Not Too Late to Get Your Seasonal and H1N1 Influenza Vaccine! Polk County Health Department Continues to Offer Vaccine

It is not too late to vaccinate to protect yourself and family from the risks of influenza. Seasonal influenza usually peaks in February and March and the latest wave of H1N1 has waned. This is the perfect time to get your influenza vaccines as the best means to protect you from these serious illnesses before they begin to circulate at much higher levels.

As part of the National Influenza Vaccination Week (January 10-16) and the ongoing effort to provide vaccine to anyone who desires it, the Polk County Health Department will be offering public vaccine clinics throughout the month of January. These clinics are scheduled for Mondays, January 11, 18 and 25 from 2 to 6 p.m. at the Polk County Health Department in Balsam Lake. You do not need an appointment and the clinics are subject to vaccine availability.

Cost of the seasonal influenza vaccine is \$25 for adults. There is no charge to those covered by Medicare, Badgercare and some insurance plans. Be sure to bring your insurance card with you. Influenza vaccine for children under age 19 is free of charge. The H1N1 influenza vaccine is free to everyone.

Polk County Health Department staff will be returning to Polk County schools to administer the 2nd dose of H1N1 vaccine to students who were under the age of 10 when they received the first dose. Parents of students needing this second dose will be notified by mail. If your child did not receive the vaccine during the December school clinics and you wish to have them vaccinated, you can go to www.polkcountyflu.com and download the consent form. Complete this form and return it to the school.

Anyone who wishes to reduce their risk of getting influenza should get a flu shot. Vaccination is the best means to prevent the spread of influenza. Some individuals are at higher risk for acquiring influenza and/or may suffer severe complications of influenza. Vaccination for seasonal **and** H1N1 influenza is strongly recommended for all children over 6 months, persons of any age with an underlying medical condition, healthcare workers, caregivers and household members of an infant under 6 months, and the elderly.

Visit the Polk County Flu website at www.polkcountyflu.com. There you'll find the latest local influenza updates. Upcoming vaccination clinic schedules will be posted on the website as soon as they are available from local health care providers and the Polk County Health Department. Feel free to contact the Health Department at 715-485-8500 if you any questions about influenza vaccine or the clinics.