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NEWS RELEASE

Cottage Hospital

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COTTAGE HOSPITAL OFFERS COMMUNITY FLU VACCINATION CLINICS

Woodsville, NH – Cottage Hospital will be offering flexible community flu clinic hours during the week October 7 – 10th from 8-4 PM. Feel free to stop in at your convenience and register with our friendly patient access staff.

The cost for the vaccination is \$30.00 and Cottage Hospital will bill your insurance for you.

There are many other local community health partners offering flexible clinic hours to meet your needs. Please contact your providers office, ask your employer or visit your local drug store for more information.

Below are some tips provided by the CDC on understanding the FLU vaccination, visit http://www.cdc.gov/flu/pdf/freeresources/updated/take3_step_vac.pdf . The flu will be here before you know it – make sure you are PROTECTED!

WHY get vaccinated?

- FLU shots help protect against the FLU virus
- The FLU is a “contagious” respiratory illness that can lead to serious complications, hospitalization or even death.

WHO should be vaccinated?

- Pregnant women
- Children younger than 5, but especially children younger than 2 years old
- People 50 years of age and older
- People of any age with certain chronic medical conditions
- People who live in nursing homes and other long-term care facilities
- People who live with or care for those at high risk for complications from flu, including:
 - Health care workers
 - Household contacts of persons at high risk for complications from the flu
 - Household contacts and out of home caregivers of children less than 6 months of age (these children are too young to be vaccinated)

Some children 6 months to 8 years of age may need 2 doses of the vaccine to be fully protected. Ask your doctor.

WHO should NOT be vaccinated?

Influenza vaccine is not approved for use in children younger than 6 months so they should not be vaccinated, but their caregivers should be vaccinated instead. And people who are sick with fever should wait until their symptoms pass to get vaccinated. Some people should not be vaccinated before talking to their doctor. This includes:

- People who have a severe allergy to chicken eggs.
- People who have had a severe reaction to an influenza vaccination in the past.
- People who developed Guillian-Barré syndrome (GBS) within 6 weeks of getting an influenza vaccine previously.

WHEN to get vaccinated?

Get vaccinated as soon as vaccine becomes available in your community.

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