



News Release

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For Immediate Release

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It is Not Too Late to Get Your Flu Shot! ***Stop the Flu: Get Vaccinated, Wash Your Hands, Stay Home When Sick***

According to the [Centers for Disease Control and Prevention](#), influenza activity continues to increase across the United States and most of the country is now experiencing [high levels of influenza-like-illness \(ILI\)](#). Public health officials recommend [influenza vaccination](#) for people who have not yet been vaccinated this season and [antiviral treatment](#) as early as possible for people who get sick and are at [high risk](#) of flu complications. Everyone has a role in preventing the spread and severity of this year's flu season.

Seasonal Flu Immunization Clinics: Vaccines are our best prevention tool against flu. The influenza vaccine is now recommended for everyone six months of age and older. Check with your physician or your health insurance provider about where you should get your flu vaccine. The [Colorado Adult Immunization Coalition](#) also offers an online flu-shot clinic locator.

Jefferson County Public Health offers flu vaccinations to persons who are uninsured or have insurance that does not cover immunizations. Seasonal flu shots are available for individuals 6 months and older at our Arvada and Lakewood locations by appointment only. Please call 303-232-6301 for an appointment. JCPH cannot bill Medicare.

Remember, influenza is a respiratory illness that can cause life-threatening complications. Do your part to stop the flu!

- Get a seasonal vaccination.
- Wash hands frequently with soap and water (use anti-bacterial gel if soap and water are not available).
- Cover your sneezes and coughs with a tissue or your upper arm.
- Avoid others with respiratory illnesses.
- Unless it's an emergency, call a health care provider about your flu-like symptoms. The best option may be to stay home until your illness has resolved.

For more information on influenza, visit: www.jeffco.us/health or call 303-232-6301.

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