

# Coos Health & Wellness

Together, Inspiring Healthier Communities



January 3, 2017

## **Influenza on the Rise – Don't Forget Your Flu Shot!**

Influenza on the rise! Influenza can cause serious complications, hospitalization, and death.

**Take the following steps to help protect yourself and others from influenza:**

- **Get your flu shot now!**
- Wash your hands frequently
- Avoid close contact with sick people
- Cover your cough or sneeze
- Avoid touching your mouth, nose, and eyes to prevent spread of germs
- Frequently clean and disinfect any objects or surfaces that may have been in contact with flu germs

**Flu shots are available at Coos Health & Wellness 1975 McPherson Ave in North Bend**

**541-751-2400**

*Everyone six months and older should get a flu shot! The flu vaccine protects against 4 types of flu virus.*

For those with no insurance, cash discounted price is \$35 per dose. We can also bill Oregon Health Plan (WOAH and Trillium), Medicare, Blue Cross/Blue Shield, Pacific Source, Lifewise, Providence, MODA/ODS and United Healthcare. Please bring your insurance card. Appointments quickly available.

***Lena Hawtin, RN – Clinic Supervisor***

1975 McPherson Avenue, #1, North Bend, OR 97459  
541-751-2424 [lhawtin@co.coos.or.us](mailto:lhawtin@co.coos.or.us)