

# Coos Health & Wellness

Together, Inspiring Healthier Communities



February 4, 2016

## Influenza on the Rise – Get your flu shot now!

Influenza reports have recently been on the rise in Oregon. Reports of flu-like illness in January 2016 were almost four times as high as the seasonal threshold. Symptoms of influenza can include body aches, fever, cough, headache, runny nose or congestion, fatigue, and chills. Influenza can cause serious illness and is contagious.

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

- Wash your hands frequently following these steps:
  - It is best to use warm running water and soap.
  - Wet your hands and apply soap. Liquid or foam soap is best as bar soap can harbor germs.
  - Scrub and rub your hands vigorously for 20 seconds. Singing Happy Birthday twice is approximately 20 seconds.
  - Pay special attention to finger tips, under nails, between fingers, and palms.
- 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
- **Get your flu shot now!**

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, and Moda/ODS. Please bring your insurance card. Appointments available within a couple of days.

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