



Health Tribune

Thinking about your health in Portage County
Provided by the Portage County Health Department



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October is... Flu Season Month

Flu Season is back! The flu viruses are constantly changing so it's not uncommon for new flu viruses to appear each year. The CDC recommends a yearly **flu vaccine** for everyone **6 months of age and older** as the first and most important step in protecting against this serious disease.

How to Prevent the FLU



1. Avoid close contact with people who are sick.
2. Stay home when you are sick.
3. Cover your mouth and nose.
4. Wash your hands often.
5. Avoid touching your eyes, nose or mouth.
6. Practice other good health habits.
7. GET VACCINATED!



Did you know...?

The Portage County Health Department holds flu clinics throughout the whole month of October.



Flu Shot Cost:

- \$10 Children (6 months-18 years)
- \$30 Adults (19 years and older)
- \$45 High Dose (65 years and older)
- \$80 Pneumonia Shot
(available for 65 years older or high risk)

(Medicaid, Buckeye, Care Source, United Health, Medicare Part B, Medical Mutual, Aetna, and Anthem Blue Cross Blue Shield insurances accepted)

Check the PCHD website for additional days and locations:

www.co.portage.oh.us/healthdepartment.htm

**All flu vaccines given by PCHD are quadrivalent and protect against 4 influenza viruses:
2 Influenza A viruses (H1N1/H3N2)
2 Influenza B viruses**

Questions or Comments?

Contact Us!

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