



A NOTE ABOUT FLU SHOTS

Influenza (Flu) Vaccine

- FluMist is not available anymore due to its ineffectiveness to fight the flu.
- **It's a myth that the flu shot can cause the flu.** Flu vaccines are made using an inactivated strain. The most common side effects are soreness and redness.
- Flu shots will not be given in the schools, but are available at Atlantic Medical Center.
- **All ages are welcome to attend our Flu Clinics — the whole family can come together! Stop in any Wednesday in October from 11 am to 6:00 pm. No appointments needed!**
 - October 4
 - October 11
 - October 18
 - October 25
- **Our satellite flu clinics are on the following dates:**
 - Griswold October 9th 4:30-6:30pm
 - Anita October 16th 4:30-6:30pm
 - Massena October 23rd 4:30-6:30pm
- **Can't make it to a flu clinic? No problem!** Our Patient Services room provides flu shots during their regular hours:

Monday-Friday	8:30-11:00 and 1:30 to 4 pm
Saturday	8:30 to 11 am

No appointment is needed — just check in at the AMC front desk.
- Most insurance plans cover the cost of an annual flu vaccine. If your insurance does not cover it, the cost for a flu shot is \$30. (*Patients over the age of 65 need a high-dose vaccine, which is \$55.*)
- If you are concerned about the cost of the flu vaccine, please call us at the number below to see if your children are eligible for the Vaccines for Children program.

What are the benefits of getting a flu vaccine?

A flu vaccine can keep you and your child from getting sick. When vaccine viruses and circulating viruses are matched, flu vaccination has been shown to reduce the risk of getting sick with flu by about half.



Flu vaccines can keep your child from being hospitalized from flu. One recent study showed that flu vaccine reduced children's risk of flu-related pediatric intensive care unit admission by 74%.

Flu vaccine can prevent your child from dying from flu. A study using data from recent flu seasons found that flu vaccine reduced the risk of flu-associated death by half among children with high risk medical conditions and by nearly two-thirds among children without medical conditions.

Flu vaccination also may make your illness milder if you do get sick.

Getting yourself and your child vaccinated also can protect others who may be more vulnerable to serious flu illness, like babies and young children, older people, and people with certain long-term health problems.



Questions? Please call Patient Services at Atlantic Medical Center at 712-250-8122.



CASS COUNTY
HEALTH SYSTEM