



SHELBY COUNTY HEALTH DEPARTMENT



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Public Health
Prevent. Promote. Protect.

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INFLUENZA VACCINE NOW AVAILABLE AT ALL PUBLIC HEALTH CLINICS

MEMPHIS – Influenza season is here, and vaccine is now available at all Shelby County Health Department (SCHD) clinics. It is not too early to receive the vaccination.

Annual vaccination against influenza is recommended for everyone six months and older, including school-aged children, who want to reduce the risk of becoming ill or transmitting it to others. The vaccine is especially recommended for the following:

- Pregnant women
- People 50 years of age and older
- People of any age with chronic medical conditions, including asthma and other lung diseases, heart disease, kidney disease and diabetes
- People who live in nursing homes and other long-term care facilities
- People who care for those at high risk for complications from influenza, including:
 - Health care workers;
 - Household contact of persons at high risk for complications from influenza;
 - Household contacts and caregivers of children less than six months of age.

Some tips to help protect against the spread of influenza:

Clean: Properly wash hands frequently with warm, soapy water; disinfect surfaces.

Cover: Cover cough and sneeze into a disposable tissue or arm.

Contain: Stay home from school/work when sick to keep germs from spreading.

If an individual experiences flu-like symptoms (fever of 100 degrees Fahrenheit or greater, headache, fatigue, cough, muscle aches and sore throat), they should contact their health care provider.

Cost for influenza vaccine, now available in all public health clinics, is as follows:

- ✓ **FREE FOR TENNCARE CLIENTS (BRING YOUR TENNCARE CARD)**
- ✓ **\$20 FOR UNINSURED OR UNDER-INSURED CHILDREN**
- ✓ **\$20 FOR UNINSURED ADULTS**
- ✓ **\$30 FOR CHILDREN WITH INSURANCE THAT PAYS FOR VACCINE**
- ✓ **\$30 FOR ADULTS WITH ANY MEDICAL INSURANCE AT ALL**
- ✓ **\$45 FOR HI-DOSE - AGES 65 AND OVER (WILL BILL MEDICARE)**

Mission

To promote, protect and improve the health and environment of all Shelby County residents.

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