Flu Shots Now Available at Public Health Department

It’s time to roll up your sleeve! Flu shots are now available at Lewis and Clark Public Health.

Health experts recommend a yearly flu shot for everyone age 6 months or older – before the end of October if possible. It’s the best protection against influenza, a highly contagious virus that can cause mild to severe illness.

“A quick flu shot can spare you several days of misery, trips to the doctor, missed work or school, and even hospitalization,” said Shelly Maag, public health nurse supervisor at the health department. “The more people who get vaccinated, the better our entire community will be protected.”

Vaccination is especially important for people who are at a high risk of developing severe complications from the disease. This includes young children; pregnant women; people with chronic health conditions like asthma, diabetes, or heart or lung disease; and people 65 or older. A high-dose flu vaccine is available for the latter to offer extra protection.

Flu shots are available at the health department’s regular walk-in immunization clinics Mondays, Wednesdays, and Thursdays from 11:30 a.m. to 4:30 p.m., 1930 Ninth Avenue. No appointment is needed.

The health department will also hold a flu-shot clinic especially for Lincoln residents Oct. 6 from 11 a.m. to 1 p.m. at the Lincoln Community Hall.

The department can bill all insurance providers, so bring insurance information with you. Options are also available for those without insurance. Wear short or loose sleeves to make immunization easier.

In the United States, flu season usually begins in October and can last until May. It takes about two weeks after vaccination for the body to develop immunity.

For more information, contact the health department at 457-8900.