

Flu shots available at health departments

Written by Information submitted

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Allen County Public Health has announced the community season flu shot clinic schedule for everyone 6 months of age and older.

The vaccine will be available at the Allen County Health Department from 8-9 a.m. and 3-4 p.m. Mondays, Wednesdays and Fridays or by appointment. Appointments can be made by visiting allencountyhealthdepartment.org or by phone at 419-228-4457. All clinics are contingent upon vaccine supply availability.

This year, the flu vaccine is being recommended for everyone ages 6 months and older.

The cost of a flu shot is \$30 cash or check. Medicare/Medicaid, Anthem, and Med Mutual insurances are also accepted. It is important for everyone to bring their insurance cards with them.

No one will be turned away for inability to pay while supplies last.

To help keep clinics running smoothly and effectively, participants are asked to come dressed in short sleeves or other clothing that makes the upper arm more easily accessible.

The vaccine will begin to provide protection within about two weeks.

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In Putnam County, the health department is now billing most major insurance companies, so users may not have to pay anything at the time of service. These insurance companies include Aetna, Anthem, Medical Mutual, Ohio Health Choice, NGS and United Health Care. It will be beneficial to know if insurance covers the flu vaccine prior to vaccination. There is a limited amount of free vaccine for those unable to pay and have chronic medical conditions.

To schedule an appointment, call the health department at 419-523-5608.

Walk-in flu vaccine clinics at the Van Wert County Health Department will be offered from 9:30 a.m. to 12:30 p.m. Wednesday and Nov. 6.

If a patient needs vaccinated in their vehicle, call the health department at 419-238-0808.

While everyone is now recommended to receive influenza vaccine, high-risk patients — pregnant women, those with asthma, diabetes or other chronic conditions — remain at risk for serious complications from influenza. CDC and state and local public health agencies, will continue to reinforce efforts to emphasize the crucial importance of vaccine for these groups while simultaneously promoting annual influenza vaccination for everyone in the community.

In Ohio, the traditional flu season is considered to be from November through April, with the peak months being January and February.

Everyday ways to prevent getting the flu including avoiding contact with people who are sick, avoiding touching the eyes, nose and mouth and practicing good health habits like disinfecting frequently-touched surfaces at home, work and school.

Getting plenty of sleep, being physically active, managing stress, drinking plenty of fluids and eating nutritious foods also helps.