



LEWIS & CLARK CITY-COUNTY
Health Department

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For immediate release

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Local Health Department Offering Annual Flu Shot Clinics

The Lewis and Clark City-County Health Department has scheduled several walk-in clinics for people who want flu shots.

The clinics will be held at the following times and locations:

Helena

- Tuesday, Sept. 18, 10 a.m. to 1 p.m., Capital Hill Mall
- Thursday, Oct. 11, 4 to 7 p.m., Capital Hill Mall
- Monday, Oct. 15, 9 to 10:30 a.m., Neighborhood Center, 200 S. Cruse Ave.

East Helena

- Monday, Oct. 1, 9 to 10:30 a.m., East Helena City Hall, 306 E. Main St.

Lincoln

- Thursday, Oct. 4, 11 a.m. to 1 p.m., Lincoln Community Center

Wolf Creek

- Thursday, Oct. 25, 3 to 4:30 p.m., Wolf Creek Elementary School

Augusta

- Tuesday, Oct. 16, 10 a.m. to 1 p.m., Augusta Community Hall

The shots will cost \$25 each, although individuals may be eligible for reduced fees depending on their family size and income. A nasal spray flu vaccine will also be available for \$30 to those ages 2 to 49 who have no health problems. Participants should bring insurance cards if they have them.

The health department also offers flu shots during its regular walk-in immunization clinics. These are held every Monday, Wednesday, and Friday from 11 a.m. to 4:30 p.m. at the county health center, 1930 Ninth Ave.

No appointment is necessary at any of the walk-in clinics; shots will be provided on a first-come, first-served basis. Participants are reminded to wear short or loose sleeves to make immunization easier.

The Centers for Disease Control and Prevention recommend a yearly flu shot for everyone aged 6 months or older to protect against the flu.

Vaccination is especially important for people who are at a high risk of developing severe complications from flu. These include young children; pregnant women; people with chronic health conditions like asthma, diabetes, or heart and lung disease; and people 65 or older.

In the United States, flu season usually begins in October and can last until May. Health officials recommend getting vaccinated as soon as vaccine is available. It takes about two weeks after vaccination for the body to develop immunity.

For more information, contact the health department's flu hotline at 457-8904.

The Lewis & Clark City-County Health Department's mission is to improve and protect the health of all Lewis & Clark County residents.

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