

OMC HELPS TO PREVENT THE FLU

FOR IMMEDIATE RELEASE

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Cooler weather and festival season is drawing near, but flu season comes with it. Because vaccination rates may be low, protecting yourself and others is important in an environment where illnesses can spread quickly.

There are a number of ways to protect yourself against the flu, but one easy way is to get the flu vaccine.

OMC is now offering flu shots in order to protect the public against the strains of the flu that are expected to circulate this flu season. Walk in today or call to schedule an appointment.

OMC has free, state-supplied flu vaccines for children who are on Medicaid, are Medicaid eligible, or who have insurance that doesn't cover the flu shot. OMC also has privately purchased vaccines, which are available for a self-pay fee of \$25, or by billing insurance.

Influenza is not just a winter inconvenience, but a contagious respiratory illness. In an average year, thousands of people in the United States die from flu, and many more are hospitalized. Flu vaccine prevents millions of illnesses and flu related visits to the doctor each year.

Anyone can get the flu, but it is more dangerous for some people. Infants and young children, people 65 years and older, pregnant women, and people with certain health conditions or a weakened immune system are at greatest risk of flu complications.

It is important to get vaccinated each flu season, because different strands of the flu virus circulate and cause illness each season. Flu vaccines are made each year to protect against the flu viruses that research indicates will be most common.

OMC is an option for you, because caring for you is what we do! For more information call the nearest OMC Clinic. More information on clinic locations and services can be found at www.outpatientmedical.org or by calling OMC's 24/7 contact center at 888-811-8081. Spanish-speaking patients may call the bilingual hotline at 318-357-9441.

(NOTE: For information about this news release, contact Colie Plaster, Public Information Coordinator at info@outpatientmedical.org)



OMC Director of Nurses Schrina Evans administers a flu vaccine to Mr. John Winston, the Secretary of OMC's Board of Directors.