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## FOR IMMEDIATE RELEASE

## Get the SHOT, not the FLU

Flu season is quickly approaching. Crawford County Health Department urges residents to protect themselves from the flu by attending one of the Community Flu Clinics or by scheduling an appointment. The flu vaccine is now available and protects against the flu strains anticipated to circulate this season.

Why get the flu shot? The flu vaccine helps strengthen your immune system, so that your body can fight off the virus. By getting vaccinated, you not only protect yourself, your family and your community.

The flu vaccine is recommended for everyone 6 months and older. It is especially important for those at higher risk including older adults, individuals with chronic health conditions, pregnant women, and young children. Vaccination significantly decreases your risk of severe illness, and hospitalization.

## Community Flu Clinic Details:

- Monday, September 23, 2024, 10:30-11:15am at Mt Sterling Church (Mt. Sterling, WI Handicapped accessible)
- Monday, September 23, 2024, 12-12:45 pm at Gays Mills Community Center (Gays Mills, WI)
- Friday, September 27, 2024, 11-11:45am at Hoffman Hall (Prairie du Chien, WI)
- By appointment at Crawford County Health Department (225 N. Beaumont Rd Suite 306, Prairie du Chien)

Appointments preferred. Walk-ins welcome.

Don't wait until flu season is in full swing. Get the shot, not the flu! For more information about the flu clinic or to make an appointment, please contact Crawford County Health Department at 608-326-0229