

### Why get a flu shot?

Influenza is a serious disease, it kills 30,000 Americans a year, almost as many as die in car accidents yearly. The risk of death is highest if you are over age 65 or have a chronic disease such as diabetes, asthma or COPD.

### How do flu vaccines work?

Flu vaccines cause antibodies to develop in the body. These antibodies provide protection against infection with the viruses that are in the vaccine.

### Does the flu vaccine work right away?

It takes about two weeks after vaccination for antibodies to develop in the body and provide protection against influenza virus infection. In the meantime, you are still at risk for getting the flu. That's why it's better to get vaccinated early in the fall, before the flu season really gets under way.

### Is the vaccine safe?

Seasonal flu vaccines have a very good safety track record. Although there are possible side-effects to vaccination, the Centers for Disease Control and Prevention and the Food and Drug Administration closely monitor the safety of seasonal flu vaccines.

### Can I get the flu from the vaccine?

No, you cannot get the flu from the vaccine. The flu shot contains inactivated (killed) flu viruses that cannot cause illness. The nasal spray contains weakened live viruses. The weakened viruses only cause infection in the cooler temperatures found in the nose. The viruses cannot infect the lungs or other areas in the body where warmer temperatures exist.

### Will I need to pay for the vaccine?

Most health insurance plans cover the cost of vaccines, but you should check with your insurance company before visiting your health care provider. Under the Affordable Care Act, many insurers are required to cover certain preventive services, like the flu vaccine, at no cost to you.

If you do not have insurance, help is available.

### Flu shot clinics at your Community Health Center:

Sept 29 10am-2pm in Medford at 19 Myrtle Street

Oct 11 9am-4pm in Butte Falls at 722 Laurel Ave

Oct 25 9am-4pm in Butte Falls at 722 Laurel Ave

Visit Our Secondhand

Clothing Store!

At The Landing, 801 Laurel, Butte Falls



*We are in need of teen and junior sizes 6-12*

The Store is open whenever we are.

See August's

Calendar for this month's hours.

Volunteer Store Manager: Theresa Speaker

The Landing is looking for **gently used clothing**, especially clothing for children and teens.

**We will not accept other household items.**

Please do not drop clothing off at the door.

Call 541-865-3500 to schedule donations of clothing to our clothing bank.