

**FOR IMMEDIATE RELEASE**

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**For More Information Contact**

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**Page County Health Department Offers Free Flu Shots During Emergency  
Preparedness Exercise**

***Tuesday, Nov. 8 - Flu Shots begin at 10 a.m.***

**(Shenandoah, Va.)**— Free flu shots will be offered to the general public by the Page County Health Department on Tuesday, November 8 as part of a Page County emergency preparedness exercise. The exercise will begin at 10 a.m. and will take place at Page County High School, 184 Panther Drive, Shenandoah, VA. Only **250 doses of vaccine** will be available for anyone age 36 months (3 years) and older on a first-come, first-served basis, until 2 p.m. or until the supply of flu vaccine runs out. By receiving your flu shot at this exercise you will not only be taking measures to protect yourself against the flu but also helping Page County better prepare for emergency events requiring mass medication/vaccination distribution to the general public.

Influenza, or “the flu,” is a highly-contagious respiratory disease. Typical flu symptoms include fever, dry cough, sore throat, runny or stuffy nose, headache, muscle aches and fatigue.

“Everyone should be vaccinated for influenza annually unless told otherwise by their doctor,” said covering Lord Fairfax Health District Director Dr. David Goodfriend MD, MPH. “Your vaccination is the best way to prevent the flu in you and to prevent spreading the flu to your family, friends and coworkers. Emergency exercises, such as this one, offer a fast and efficient way to vaccinate a large number of people in a short time and better prepare our community should a flu pandemic occur.”

The vaccination is especially important for people at higher risk of complications from the flu. These groups include:

- Pregnant and postpartum women, or those who will be pregnant during the influenza season;
- Persons over 65 years of age, including residents of nursing homes and long-term care facilities;
- People who have chronic lung or heart problems, including asthma; and
- People who have other serious medical conditions, such as diabetes, kidney disease, cystic fibrosis, anemia, cancer, weak immune systems (including those with HIV) or a seizure disorder.

Each year in the U.S. approximately 200,000 people are hospitalized due to flu illness, and flu-related deaths range from 3,000 to 49,000 each year, averaging 24,000 per year over the last three decades.

(more)

To minimize your risk of catching the flu and passing it on to others, follow these simple steps:

- Get a flu shot each year;
- Wash your hands frequently and thoroughly, for at least 20 seconds;
- Cover your cough by using a disposable tissue or coughing into your sleeve, not your hand; and
- Stay home when you are sick.

For more information, call the Page County Health Department at 540-743-6528 or visit [www.vdh.virginia.gov](http://www.vdh.virginia.gov).

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