

Influenza (flu) shots!, etc. for 2007-2008
October 15, 2007

To UWRF students, faculty, and staff,

One of the best ways to avoid getting seasonal influenza is to get an annual flu (influenza) shot.

Below is information about where persons can obtain influenza vaccines for the 2007-2008 influenza season, and where to go for more information about seasonal influenza, as well as pandemic influenza, and what role you can play in prevention and planning.

There will be two influenza vaccine clinics on campus this fall:

Generally for faculty and staff: The first will be for those with Humana health insurance (although anyone can receive a flu shot for \$35) on Wednesday November 7, 2007 from 11:30 a.m.-1:30 p.m. in Room 232 of the University Center, sponsored by Student Health Services in collaboration with Western Wisconsin Medical Associates. For those with Humana health insurance, your insurance will be billed for the cost of the flu vaccine with presentation of a current and active Humana health insurance card.

Generally for students: The second influenza vaccine clinic will be held on Wednesday, November 28, 2007 from 12:30-2:30 p.m. in Rooms 231/232 in the University Center, sponsored by Student Health Services in collaboration with Pierce County Public Health Department. The cost for flu shots at this campus clinic will \$15 for students (subsidized by Student Health Services) and \$30 for non-students.

Influenza vaccines are also offered through both Pierce County Public Health Department (273-6755) for \$30 and Saint Croix County Public Health Department (715/246-8263) for \$25. Please check local papers for area clinics, dates, times, and locations, or call for more information. Pierce County Public Health Department is offering an influenza vaccine clinic in River Falls at the Senior Center (basement of Ingram Center, 210 North Lewis Street) on Tuesday, October 30, 2007 from 12:30-2:00 p.m. (for \$30).

The River Falls Medical Clinic is offering influenza vaccines for the cost of \$35. The River Falls also currently has FluMist (nasal spray; live, attenuated virus), but at a higher cost (\$45). Persons should call ahead to 425-6701 to schedule an appointment.

Walgreens Pharmacy (426-4089) here in River Falls is also sponsoring an influenza vaccine clinic on Monday, October 15, 2007 from noon to 6:00 p.m., but if they have vaccine remaining, they will offer flu vaccines by appointment. Persons can call or stop by to schedule an appointment. The cost of flu shots through Walgreens is \$24.99.

Maxim Health Services also offers area influenza vaccine clinics, where flu shots are available for the cost of approximately \$25. For more information, check out their web page at <http://www.findaflushot.com/>. For example, they are offering flu shots at Shopko in River Falls

(425-6272) from 10 a.m. to 2 p.m. on October 24, 2007 and November 17, 2007 and at Econofoods Pharmacy in River Falls (425-8494) from 10 a.m. to 1 p.m. on October 31, 2007.

The Influenza Vaccination Information Statement for the 2007/2008 Influenza Vaccine is available at <http://www.cdc.gov/vaccines/pubs/vis/downloads/vis-flu.pdf> (Inactivated influenza vaccine) or <http://www.cdc.gov/vaccines/pubs/vis/downloads/vis-flulive.pdf> (Live, intranasal influenza vaccine). For more information about seasonal influenza, check out <http://www.cdc.gov/flu/>. In particular, check out Preventing the Flu at <http://www.cdc.gov/flu/protect/preventing.htm>.

To learn more about pandemic influenza, check out <http://www.pandemicflu.gov/>. There are many things individuals can do to be prepared. To learn more, go to <http://pandemicflu.gov/plan/individual/familyguide.html>. For more information about avian influenza, go to <http://www.cdc.gov/flu/avian/> (Centers for Disease Control) or http://www.who.int/csr/disease/avian_influenza/en/index.html (World Health Organization).

For questions, call Student Health Services at 425-3293.

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