



Custer County Health Department  
Creating a State of Health

**For Immediate Release**

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**Custer County Health Department Offering Flu Vaccine**

Custer County Health Department will offer flu vaccine beginning Monday, Oct. 7, 2019. Flu shots will be provided at no out of pocket cost to recipients. Those with insurance are asked to provide their card showing coverage.

Flu vaccination is recommended each year for everyone 6 months of age and older. It is especially important for young children, pregnant women, older adults and people with chronic conditions who may be severely impacted by symptoms. When more people are vaccinated against the flu, there is less opportunity for flu to spread in families, schools and communities.

In addition to getting a flu shot, public health officials recommend the following prevention tips:

- Adopt a healthy lifestyle by eating nutritious foods, exercising regularly, and getting a full night's rest.
- Wash hands frequently using soap and water, or alcohol-based products such as hand gels when hands are not visibly soiled.
- Use tissues to cover coughs and sneezes, then dispose of them and wash your hands immediately. When tissues are not readily available, cough into your sleeve, not your hands.
- Stay home from work, school and other public places when feeling ill.

For more information, call the Custer County Health Department at 580-323-2100.

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