



National Influenza Week



National Influenza Week serves as a great reminder that everyone, 6 months and older, should receive their annual influenza vaccination. The holiday season is a time for gathering with friends and family. There is still time to protect yourself and your loved ones this flu season by getting your COVID-19 and Influenza vaccines today.

We don't want you to miss a beat this holiday. The flu shot can do a lot to minimize the severity of the symptoms associated with the flu. Getting the vaccination can also minimize the chances of having to visit a doctor or be hospitalized due to severe flu symptoms. Finally, getting the vaccination can reduce the chances of passing it to someone else. The more people that get vaccinated, the better chances we have of reducing the spread of COVID-19 and the flu this season.

Before any family gatherings, encourage your family and friends to get vaccinated. This is especially important if you plan on spending any time around people with weakened immune systems. People with underlying conditions or who are over the age of 65 are at an increased risk of having complications associated with the flu and COVID-19. Get vaccinated to keep them safe. If you are experiencing flu-like symptoms it is best to stay away until you are feeling better.

COVID-19 and Seasonal Influenza vaccinations are free with most insurance plans. For those who aren't insured, the Uninsured and Underinsured Adult Vaccine Program (UUAV) and the Minnesota Vaccines for Children Program (MnVFC) can provide support in getting a vaccine. Take this flu season from wild to mild by getting your COVID-19 and Influenza vaccines. Call and schedule an appointment today.

This information is brought to you by Kittson Healthcare and Kittson Healthcare Public Health. For more information on COVID-19 and Influenza vaccinations, visit www.cdc.gov.

To schedule a your vaccination appointment please contact

Kittson Healthcare - Hallock Clinic: (218) 843-2165

Kittson Healthcare - Karlstad Clinic: (218) 436-2251