



January 4, 2010

Flu Shots Available

It's not too late to get your flu shots! Experts predict that another wave of H1N1 is on its way! Although seasonal flu has not begun in our area, it is expected yet this coming spring.

To help you get prepared, the Public Health Department at the Buchanan County Health Center will hold Walk-In Clinics for Flu Shots on every Thursday in January 2010. The Clinics will be held at the public health department, located in the northwest corner of the Buchanan County Health Center, from 7- 10 a.m. Please use the Dialysis Center Entrance and watch for signs.

"No appointments are necessary for these clinics," said Amy Marlow, public health nurse manager. "The H1N1 vaccine is free and the seasonal flu vaccine is \$25. We hope many people will take advantage of this opportunity to protect themselves before the peak of the flu season locally, which usually occurs in March."

For more information go to www.bchealth.info/publichealth.asp or call 319-332-0860.