

Flu not circulating yet, but it's time to think about vaccinations

Written by Wauneta Breeze
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By Carolyn Lee

The Imperial Republican

It's time to start thinking about getting an influenza vaccination. Nebraska's flu vaccination coverage ranked in the top 10 nationwide for the 2012-13 flu season. Just over 50 percent of Nebraskans six months old and over got their flu vaccine last year, according to data from the Centers of Disease Control and Prevention.

October marks the start of another flu season and it's time to get vaccinated.

Ronda Sargent, Chase County Clinic manager, said that although the big shipment of vaccine won't arrive until about Nov. 11, vaccine is available now.

"We've been giving shots for about two weeks now," she said Tuesday.

The Fluzone shot, for those 36 months to 63 years; the Intradermal for those 18-55 years, and the High Dose for the elderly, are all available, as is the nasal dosage for infants.

Sargent noted that the nasal dosage is in limited supply.

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The immunizations cost \$25, while the nasal dosage costs \$36. Persons should check with their insurance companies to see if they're covered for vaccinations.

Sargent said that as the major shipment of vaccine won't be in for several weeks, the clinic has been focusing more on those at high risk of flu, such as the young and older people, pregnant women, and people with chronic lung disease such as asthma and COPD, diabetes (type 1 and 2), heart disease, neurologic conditions and certain other long-term health conditions.

The Imperial and Wauneta clinics are open from 8 a.m. to 5 p.m. Monday through Friday. People may walk in to receive a vaccination, or may call ahead.