



**Marion County**  
OREGON

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### **Spread Holiday Cheer not the Flu: County Holding Flu Clinics**

As the holidays approach, the Marion County Health Department would like to remind everyone it is a great time to think about getting a flu vaccine. Flu season usually peaks in February so getting a vaccine in November and December still gives plenty of time for someone to be protected against the flu.

Influenza is a serious respiratory illness. Symptoms of flu include fever, headache, extreme tiredness, dry cough, sore throat, runny or stuffy nose, and muscle aches. Those who should get immunized include: people fifty years and older, health care workers, residents of long-term care facilities, people with long-term health problems such as heart or lung disease, people with weakened immune systems, women pregnant during flu season, children ages six months to eighteen years, people that are in household contact of high risk people or anyone that wants to avoid getting the flu should also consider the vaccine.

For those not fond of needles, there is an alternative. FluMist an influenza nasal spray is available for healthy people ages two to forty-nine.

**The Marion County Health Department is currently holding flu clinics.** Vaccines for children, adults and FluMist are available. Please call (503) 588-5342 for an appointment. You may also contact our rural offices: Woodburn (503) 981-5851; Stayton (503) 769-9873; Silverton 503-873-1764 (located inside the McClaine St Clinic). You can also contact 1-800-SAFENET for a clinic near you.

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