

**FOR IMMEDIATE RELEASE:**

**September 12, 2019**

**MCHC Announces Flu Shot Clinic Times**  
*Protect Yourself and Others from the Flu*

**Madelia, Minn.** – The best way to protect yourself against the seasonal flu is to get a flu shot each year. Getting a flu shot also prevents you from passing the virus to people in high-risk populations like babies, pregnant women, elderly people, and people who have chronic diseases. The Center for Disease Control (CDC) recommends that everyone six months of age and older be vaccinated each year.

Flu vaccinations are now available at the Madelia Community Hospital & Clinic (MCHC). There are three simple ways to receive a flu shot at MCHC:

1. Flu Shot Clinics – held at MCHC, no appointments necessary.  
Monday, September 23<sup>rd</sup> ..... 3 to 7 p.m.  
Monday, September 30<sup>th</sup> ..... 7 a.m. to noon  
Friday, October 11<sup>th</sup> ..... 9 a.m. to 4 p.m.
2. Office Visit – The vaccine will be given during a physical or appointments to address health concerns.
3. Vaccination-Only Appointment – Call 507.642.5200 to schedule an appointment. A member of our nursing staff will give the vaccine.

Influenza is a contagious respiratory disease caused by a virus that attacks the nose, throat, and lungs. It can cause mild to severe illness and at times can even lead to death. Influenza symptoms come on quickly in the form of fever, dry cough, sore throat, headache, extreme tiredness, and body aches.

**What can you do to protect yourself and others?**

- Get vaccinated.
- Avoid exposure to others who are sick with a flu-like illness.
- If you are not feeling well, stay home. If your children are ill, keep them home.

- Cover your nose and mouth with a tissue when you cough or sneeze, or cough or sneeze into your sleeve.
- Clean your hands often – with soap and warm water, or an alcohol-based hand sanitizer.
- Take special care to protect infants. Try not to expose them to large crowds when flu is in your community, and avoid close contact between the baby and family members who may be sick.
- Avoid touching your eyes, nose, and mouth as germs spread this way.
- Do not share drinking cups and straws.
- Clean commonly touched surfaces often (door knobs, refrigerator handles, phones, water faucets).

###

### **About Madelia Community Hospital & Clinic**

Madelia Community Hospital & Clinic is an independent, nonprofit facility staffed by a team of medical professionals that are committed to providing health care of the highest standards to patients in the Madelia area. As a 25-bed acute care hospital, we offer all of the primary health services: Laboratory, Radiology, Physical Therapy, Home Care, Emergency Room/Urgent Care, and Surgical Care. Our attached family medical clinic also provides care for patients in all the seasons of their life. Over the years, we have proactively responded to the changing demands within the health care industry, which has ensured our ability to deliver up-to-date medical services, purchase advanced medical equipment, and provide complete and compassionate care to all who enter our facility.