

FOR IMMEDIATE RELEASE:

October 1, 2015

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

**Madelia, Minn.** – 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, cough, sore throat, headache, extreme tiredness, stuffed-up nose, and body aches. These symptoms can be severe and put you in bed for several days.

Everyone six months of age and older should get flu vaccine this year. Even if you got flu vaccine last year, you should still get flu vaccine again this year. Getting a flu shot (or nasal spray) helps protect you from getting the flu, so you won't pass it to people who risk getting very sick -- like babies, pregnant women, elderly people, and people who have chronic diseases.

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

1. Flu Shot Clinics – held at the Madelia Community Hospital & Clinic, no appointments necessary.  
Tuesday, Oct 13<sup>th</sup> ..... 2 to 5 p.m.  
Friday, October 16<sup>th</sup> ..... 10 a.m. to 1 p.m.  
Friday, October 23<sup>rd</sup> ..... 7 to 10 a.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. The vaccine will be given by a member of our nursing staff.

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

- Get vaccinated.
- Avoid being exposed to others who are sick with a flu-like illness.
- 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 water, or a 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.
- Do not share drinking cups and straws.
- Clean commonly touched surfaces often (door knobs, refrigerator handles, phones, water faucets).

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

Madelia Community Hospital & Clinic is a private, nonprofit facility staffed by a team of physicians and medical professionals that is profoundly committed to providing health care of the highest standards to Madelia and surrounding communities. As a 25-bed acute care hospital, we offer all the primary health services, such as medical/surgical, pediatric, emergency care and more. In 2011, we expanded our services to include a family medical clinic which provides adolescent health, geriatric health, men's health, newborn health, pediatric health, preventative medicine and women's health. Over the years, we have proactively responded to the changing demands within the health care system, 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.