



Cowlitz County Health Department

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Media Release

For Immediate Release:
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Cowlitz County Health Department Reports Plenty of Flu Vaccine Available in our County.

The influenza vaccine is now recommended for everyone over the age of six months. The Department of Health provides flu vaccine at no cost to participating clinics for all kids under 19. Health care providers may charge an administration fee to give the vaccine.

Monica Monteon, CCHD Epidemiologist shares that, “there is plenty of flu vaccine available for children”. Adults can get their vaccines from their primary care doctors or at any area pharmacy.

To find an immunization clinic near you, call the Family Health Hotline at 1-800-322-2588.

Certain people are at greater risk for flu and are urged to be vaccinated. Children five and under, adults 50 and over, pregnant women, and people with chronic conditions like asthma, heart disease, neurologic conditions, and diabetes, are at higher risk, as are health care workers and caregivers. Because babies under six months are too young to get a flu vaccine, it’s important to protect them by making sure parents, siblings, and caregivers are vaccinated. Young children up to age eight may need two doses of flu vaccine, about a month apart, for best protection.

Using good health habits like washing hands, covering coughs, and staying home when sick will help prevent the spread of disease, including flu.

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