FOR IMMEDIATE RELEASE
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Visiting Nurse & Hospice of Litchfield County Offers Flu Vaccines for the Community

Flu season is here! The Flu is a viral respiratory illness that affects millions of people each year. Flu vaccination prevents millions of illnesses and flu-related doctors’ visits each year. During 2019-2020 flu vaccination prevented an estimated 7.5 million influenza illnesses. Visiting Nurse & Hospice of Litchfield County is dedicated to providing health and wellness services to the communities we serve.

Get vaccinated: The CDC recommends a yearly flu vaccine as the first and most important step in protecting against flu viruses. Flu vaccines are often updated to protect against new strains, so just because you got a shot last year does not mean you are safe this year. In addition, a flu shot does not guarantee you will not get the flu. However, if you do, it will most likely lessen the severity of symptoms. Talk to your doctor about your flu risk and follow his or her recommendations to help prevent it.

Stop the Spread of Germs:
- If you are sick with flu-like illness, CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care
- While sick, limit contact with others as much as possible
- Cover your nose and mouth with a tissue when you cough or sneeze
- Wash your hands often with soap and water. If soap and water is not available, use an alcohol-based hand rub

Visiting Nurse & Hospice of Litchfield County is pleased to again be able to offer community-based flu vaccination clinics during this year’s flu season. Please see the attached list of the flu clinics offered for anyone 18 years or older.

Below is the cost and insurance information:

Influenza (Flu vaccine): $30.00
High Dose: $75

Participating Insurances: Aetna, Anthem BCBS, Connecticare, Harvard Pilgrim, Medicare, UHC Medicare

Self pay—cash or check

Questions? Please call 860-379-8561 or visit www.vnvlc.org