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**FOR IMMEDIATE RELEASE**

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***Visiting Nurse & Hospice of Litchfield County is offering Flu Vaccines to anyone 18 Years and Older.***

It's flu season, and it's crucial to get vaccinated to minimize your chances of catching the flu. As a healthcare organization committed to promoting wellness, the Visiting Nurse & Hospice of Litchfield County team wants to inform the community about how to safeguard themselves and enhance the community's overall health.

**Get vaccinated**. To avoid catching the flu, it's recommended that you get a flu shot. While it may not guarantee complete immunity, it can help reduce symptoms if you contract the virus. It's important to note that vaccines are updated annually to protect against new strains.

**Avoid contact with people who are sick**. It's essential to steer clear of unwell individuals. Although it may be difficult, if you notice someone displaying clear signs of illness, it's best to avoid being near them if possible.

**Wash your hands often with soap and water.** Remember to frequently wash your hands with soap and water to prevent the spread of the virus. Soap and water are more effective than alcohol-based gels and lotions, so it's best to choose the former if possible.

**If you start having symptoms, see your doctor immediately**. It's essential to consult with your doctor about your risk of getting the flu. Your doctor can prescribe medication to ease the symptoms and provide recommendations to help protect you. Following their advice can significantly aid in preventing the flu.

**Public Flu Clinics available to anyone 18 years and older (see attached schedule)**

**Influenza (Flu vaccine): $30.00   
High Dose: $80**

**Participating Insurances:**

Aetna, Anthem Blue Cross, ConnectiCare, Harvard Pilgrim HealthCare, Medicare Part B,   
United HealthCare - Medicare only.

**Self-pay—**cash or check

**Call (860) 379-8561 for an appointment**Walk-ins welcome.

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