



**Family and  
Occupational  
Medicine**  
901-948-5558  
www.rentropandgeater.com

## **Don't Forget your FLU SHOTS**

We will begin giving flu shots in October

Your Medicare pays for Flu Shots and Pneumonia Vaccine

### **What you need to know about Flu Vaccine**

#### **Why get Vaccinated?**

Influenza is a serious disease.

It is caused by a virus that spreads from infected persons to the nose or throat of others. The "influenza season" in the U.S. is from November to March each year.

Influenza can cause:

Fever	Sore Throat
Cough	Headache
Chills	Muscle Aches

People of all ages can get influenza. Most people are ill with influenza for less than a week, but some get much sicker and may need to be hospitalized. Influenza causes, on average, 36,000 deaths each year just in the United States. Most of the deaths are in the Elderly, the very young, or those with chronic illnesses such as diabetes, asthma or emphysema.

#### **Influenza Vaccine**

The vaccine helps your body to build up a defense against the influenza virus so that even if you are exposed to the virus, you are much less likely to become sick from it. Protection develops in 1 to 2 weeks after you are given the shot and may last up to a year.

The virus that causes influenza changes often. Because of this, influenza vaccine is updated each year by replacing at least one of the vaccine viruses with a newer one. This is done to make sure that influenza vaccine is as up to date as possible.

#### **Who should get Influenza Vaccine?**

People at risk for getting a serious case of influenza or complications - or people with close contact with them - should get the vaccine. This includes:

Everyone over 65 years of age

Anyone who has a serious long term health problem such as: Heart disease, diabetes, lung disease, kidney disease, anemia.

Anyone whose immune system is weakened because of AIDS/HIV, cancer treatment or long term steroid therapy.

Women who will be more than 3 months pregnant at any time during the flu season.

Students and staff at schools and colleges because this is where outbreaks tend to begin.

Anyone who wants to reduce their chance of catching Influenza!

#### **When should I get the Influenza Vaccine?**

The best time to get influenza vaccine is between September and December. A new shot is needed each year.

People over 9 years old need only one shot.

Children less than 9 need two doses given one month apart.

Influenza vaccine can be given at the same time any other vaccines are given, including Pneumococcal Vaccine.

#### **How do I arrange to get my Flu Shot?**

**If you are an individual who needs a flu shot:**

Our patients who already have a chart may get their vaccine during any regular office visit that occurs from September thru December each year. Or you may drop in at anytime and get the vaccine without being seen by the doctor.

If you are a new patient to us, you will have to come in and establish a chart and be seen briefly by the doctor to get your vaccine.

**For companies or large groups that need vaccination:**

We will come to your place of business, club or organization and give flu shots to your group if you have 10 or more persons. If you have less than 10 people to receive the vaccine, a \$150 service charge will be added for onsite service.

If you have a smaller group, or it is more convenient for your group, you can set up an account at our office to have each person stop by our office and get their shot.

Please contact **Debbie Weatherly** to make either of these group/corporate arrangements: **901-948-5558**.

Other injections available at our office or for onsite administration at your business:

•Flu Shot.....	\$20
•Pneumonia Vaccine.....	\$40
•Td (Tetanus for those over 65).....	\$25
•Tdap (Tetanus for those 11-64).....	\$50
•B12 Shots.....	\$5
•Meningitis.....	\$110
•Gardasil.....	\$160