FOR IMMEDIATE RELEASE
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FLU VACCINATIONS AVAILABLE AT LOCAL SHOPKO PHARMACIES
  Flu season in the U.S. picks up in the fall and peaks in the winter

GREEN BAY, Wis. – With flu season right around the corner, Shopko offers flu vaccinations at local Shopko pharmacies. The vaccination is the best defense against influenza and available to customers for as low as $0 with most insurance or Medicare.

The Centers for Disease Control and Prevention (CDC) says flu activity in the U.S. is currently low but expected to pick up, with peak activity from December-February, so it’s recommended to get vaccinated by the end of October. Anyone six months or older is able to receive a vaccination and should be vaccinated every year. The CDC estimates that between 9.2 million and 35.6 million illnesses each year are due to the flu.

“The flu virus is consistently changing, so our vaccinations are revised yearly to ensure everyone has the best protection,” said Dilip Sedani, Shopko senior vice president, retail health. “Our certified Shopko pharmacists are dedicated to helping our customers and communities during this season. We want customers spending less time feeling ill and more time doing what they enjoy.”

Common flu symptoms include fever, chills, body aches, sore throat, fatigue and headaches. Pharmacists can immunize for the flu virus, pneumonia, whooping cough and more, even without an appointment.

After receiving your vaccine, there are other preventive steps you can take. Shopko pharmacists recommend to:
- Cover your mouth and nose when sneezing and coughing.
- Stay home when you are not feeling well.
- Avoid close contact with individuals who are sick.
- Wash your hands frequently with soap and water or an alcohol-based hand sanitizer.

To locate a Shopko pharmacy near you, visit Shopko-pharmacy.com. For more information about flu symptoms, visit www.CDC.gov/flu.

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About Shopko
Shopko is owned by an affiliate of Sun Capital Partners, Inc., a leading private investment firm focused on leverage buyouts, equity, debt, and other investments in market-leading companies.

Founded in 1962 and headquartered in Green Bay, Wisconsin, Shopko Stores Operating Co., LLC is a $3 billion retailer that operates more than 370 stores in 26 states throughout the Central, Western and Pacific Northwest regions. Retail formats include 126 Shopko stores, providing quality name-brand merchandise, great values, pharmacy and optical services in small to mid-sized cities; five Shopko Express Rx stores, a convenient neighborhood drugstore concept; six Shopko Pharmacy locations; one Shopko Optical location and 234 Shopko Hometown stores, a smaller concept store developed to meet the needs of smaller communities. For more information, visit www.shopko.com.

CONTACT:
Michelle Hansen
Shopko Public Relations
920-429-4054
michelle.hansen@shopko.com