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Prevea Offers Vaccine Clinics and Tips to Fight the Flu

Green Bay – Flu season will soon be underway, and Prevea Health is encouraging community members to get a flu shot, as it is the most important step in preventing the disease.

The flu shot fights a different group of flu viruses each year; therefore, it’s important to be vaccinated yearly. Flu shots are especially important for young children, pregnant women, people age 65 and older, and people with chronic health conditions like asthma, diabetes, or heart and lung disease. Yearly flu shots should begin soon after the flu vaccine is available, ideally by October. However, getting vaccinated later in the season can still be beneficial, as flu viruses may still be circulating.

Prevea Health is now offering flu vaccines at locations across Northeast Wisconsin, including in the Green Bay, Lakeshore and Northern regions. Call (920) 496-4700 to schedule an appointment. Prevea is also hosting flu vaccine clinics to make getting a flu shot even easier! Flu vaccine clinic locations and hours can be found at: www.prevea.com/flu

To further prevent the spread of the flu and in addition to receiving the flu shot:

- Cover nose and mouth with a tissue when you cough or sneeze.
- Wash hands with hot water and soap often, especially before you eat. Or, use alcohol-based sanitizer.
- Avoid touching the eyes, nose and mouth.
- Clean and disinfect surfaces that may harbor flu germs.
- Eat a balanced diet to keep your immune system healthy.
- Get enough exercise.

Flu symptoms include fever, cough, sore throat, runny or stuffy nose, body aches, headaches, chills, fatigue, diarrhea and vomiting. If you or someone you know may have the flu, stay home, treat the fever and contact your health care provider if necessary.

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About Prevea Health
Founded in Green Bay, Wis. in 1996, Prevea Health is a health care organization that provides high-quality, primary and specialty health care in 80+ locations across Northern, Eastern and Western Wisconsin in clinic and hospital settings. It is partnered with six Hospital Sisters Health System (HSHS) hospitals across Wisconsin to provide patients a system of highly-coordinated care, close to home: HSHS St. Vincent Hospital and HSHS St. Mary’s Hospital Medical Center in Green
Bay; HSHS St. Nicholas Hospital in Sheboygan; HSHS St. Clare Memorial Hospital in Oconto Falls; HSHS Sacred Heart Hospital in Eau Claire; and HSHS St. Joseph’s Hospital in Chippewa Falls. For more information, visit www.prevea.com.