

Influenza vaccination information for the 2020-2021 season

From the North Tillamook Citizens' Public Health & Safety Advisory Committee

Influenza, commonly known as the flu, is a contagious respiratory tract infection caused by the influenza virus. Most experts think flu viruses are spread mainly by droplets when people with flu cough, sneeze or talk. Less often, a person might also get the flu by touching a surface or object that has the flu virus on it and then touching their own mouth or nose. People can spread the flu even if they don't know they are sick.

Flu symptoms generally include fever, cough, sore throat, muscle aches, headache, or fatigue. Most people will recover from the flu in less than two weeks. However, for some people the flu can be a very serious or even deadly disease, and there are tens of thousands of influenza deaths in the U.S. each year. Anyone can have complications from the flu, but those at highest risk are people 65 and older, young children, pregnant women, those with chronic health conditions like asthma, diabetes, and heart disease, and those with weakened immune systems. The best way to avoid getting and spreading the flu is by getting vaccinated each year. Flu vaccination can reduce flu illnesses, doctors' visits, and missed work and school due to flu, as well as prevent flu-related hospitalizations and deaths.

Getting a flu vaccine during 2020-2021 is more important than ever because of the ongoing COVID-19 pandemic. This year, flu vaccination is especially important for adults 65 years and older, who account for most hospitalizations and deaths from flu and from COVID-19. Flu vaccines will not prevent COVID-19, but they will reduce the burden of flu illnesses, hospitalizations and deaths on the health care system and conserve medical resources for the care of people with COVID-19.

For the 2020-2021 flu season, the U.S. Advisory Committee on Immunization Practices recommends influenza vaccination for everyone 6 months and older with any licensed, influenza vaccine that is appropriate for the recipient's age and health status. If you have had severe, life-threatening allergies to flu vaccine or any ingredient in the vaccine, have ever had Guillain-Barré Syndrome, or have egg allergies consult with your health care provider to determine whether flu vaccination is right for you, and help you select the best vaccine for your situation. Flu vaccines are available as nasal spray (for ages 2-49 years) or injection (shot) for all ages. High dose shots are recommended for those age 65 and above – if you are a senior, confirm that you are getting the high dose shot. If you have questions about which vaccine is best for you, talk to your doctor or other health care professional. It is important to get your flu vaccination in early fall, before the flu virus starts spreading in our community – it takes about two weeks after vaccination for antibodies that protect against flu to develop in the body.

The above information is from the Oregon Health Authority website (flu.oregon.gov) and the U.S. Centers for Disease Control and Prevention website (<https://www.cdc.gov/flu/index.htm>). See these sites for more information on influenza prevention and treatment.

The North Tillamook Citizens' Public Health & Safety Advisory Committee is a group of local residents with knowledge and experience in public health. Our mission is to provide advice and consultation to North Tillamook County residents, governments, and organizations concerning issues and problems affecting the health and safety of the area's residents and visitors.

2020-2021 Flu Shot Availability in our Area

Plan to call these agencies/businesses in advance to verify clinic times, need for appointment, types of vaccines available, cost, and availability of insurance coverage.

Adventist Health Flu Clinic, 10445 Neahkahnie Creek Rd, Manzanita, 503 368-6244
Thursdays, 1 – 5 pm. **Not** limited to established patients.

Flu shots are also available at the following locations and times:

Tillamook County Community Health Centers, 2111 8th St, Tillamook, 503 842-3900
Monday, Tuesday, Thursday, Friday: 8:30 am – noon; 1 pm – 4:30 pm
Wednesdays: 9:30 am – 12:00 pm; 1 pm – 4:30 pm

Adventist Health, 10445 Neahkahnie Creek Rd, Manzanita, 503 368-6244
Monday-Friday 8 am – noon; 1 pm - 6 pm
Saturday, Sunday 10 am – noon; 1 pm - 4 pm

Rinehart Clinic, 230 Rowe Street, Nehalem, 800 368-5182
During clinic hours for established patients only – call for appointment.

Costco Pharmacy, 1804 SE Ensign Lane, Warrenton, 503 338-4110
Monday-Friday 8:30 am – 9:30 am for seniors, 9:30 am – 7 pm for all (closed 1:30-2:30)
Saturday 8:30 am – 9:30 am for seniors, 9:30 am – 6 pm for all (closed 1:30-2:30)
Not limited to Costco members. Just indicate at the door you are there for a flu shot.

Fred Meyer Pharmacy, 695 S. Highway 101, Warrenton, 503 861-3033
Monday-Friday 9 am – 9 pm, Saturday 9 am – 7 pm, Sunday 11 am – 6 pm

Rite-Aid Pharmacy, 313 S. Roosevelt Drive, Seaside, 503 738-8422 (no high dose shots available as of Oct 6, call for future availability)
Monday-Friday 8 am – 7 pm; Saturday 9 am – 5:30 pm, Sunday 10 am -5:30 pm