

FOR IMMEDIATE RELEASE

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### **BEDARD PHARMACY OFFERING FLU VACCINATIONS**

October 20, 2005; Lewiston, ME-The fevers and aches of another flu season are right around the corner and Bedard Pharmacy is making it easier to stay healthy this winter. Bedard Pharmacy is hosting a walk-in flue shot clinic on Tuesday, November 1<sup>st</sup> at their College Street pharmacy in Lewiston. The clinic will offer flu shot vaccines provided by Retail Health Network's Nurses beginning at 10:00 am to 2:00 pm.

Flu season begins in November and lasts through March, generally peaking in January and February. The flu usually spreads from person-to-person when an infected person coughs, sneezes, or talks and the virus is transmitted into the air. Unlike many other viral respiratory infections, such as the common cold, the flu causes severe illness and life-threatening complications in many people. It is estimated that approximately 10% to 20% of U.S. residents get the flue, and an average of 114,000 persons are hospitalized for flu-related complications. About 36,000 Americans die on average per year from the complication of flu.

Some of the complications caused by flu include bacterial pneumonia, dehydration, and worsening of chronic medical conditions, such as congestive heart failure, asthma, or diabetes. Children may get sinus problems and ear infections as complications from the flu. Those aged 65 years and older and persons of any age with chronic medical conditions are at highest risk for serious complications of flue.

According to the Centers of Disease Control, the single best way to protect against the flu is to get your vaccination each year.

The flu shot only takes a few minutes and you can stop by without an appointment while supplies last.

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