

How can Cass Street Pharmacy help me become protected?

A pharmacist that is certified to give vaccinations will be on site Monday through Friday 9:00 am to 6:00 pm during influenza season (*October through February*).

No appointment is necessary. Please allow enough time for billing and administration of the vaccine.

Unfortunately at this time, we are unable to give vaccinations to those who are under the age of 18.

Are you interested in protecting your employees from the flu?

FACT: Non-immunized workers miss 36%-43% more days of work than immunized workers.

It is simple and easy to protect your workers and your business with our traveling flu clinic. Our pharmacist team will come to your place of business to immunize your employees.

Don't Wait!

Call Now To Make Your
Company's Appointment!
(608) 784-9922



Cass Street Pharmacy
(at the corner of 6th and Cass Street)
528 Cass Street
La Crosse, WI 54601
(608) 784-9922

HOURS: 9AM-6PM M-F • 9AM-1PM Sat

visit us on the web at

www.cassstpharmacy.com

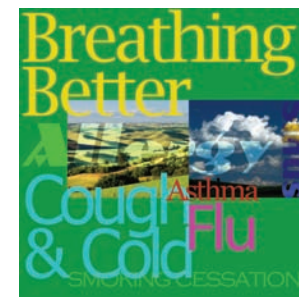
MedPaks Division

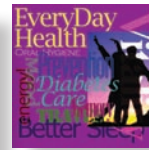
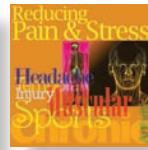
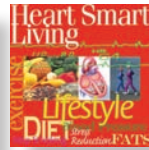
Tel: (608) 793-1828



Facts About Influenza

*Are You Protected
From the
Influenza Virus?*





What is Influenza?

Influenza is a contagious respiratory illness caused by influenza viruses. It is commonly referred to as the “flu,” but should not be confused with the stomach virus which is characterized by vomiting and/or diarrhea. Outbreaks generally occur in late fall and winter and are caused by different strains of influenza virus every year.

What are the Symptoms?

Influenza usually starts suddenly and is characterized by fever, chills, headache, tiredness, cough, sore throat, runny or stuffy nose and body aches. These symptoms are worse for the first 3-4 days but can take 1-2 weeks to completely resolve.

How does Influenza Spread?

The virus is spread from person to person through:

- Direct contact such as shaking hands
- Coughing and/or sneezing
- Contact with objects that have been in contact with fluids from an infected person’s throat or nose

You are contagious at least 1 day before to 5 days after symptoms develop.

What are my Risks?

Influenza can cause serious complications including pneumonia. If you have asthma, heart disease, or diabetes, you are at high risk for complications. Children can experience high fever, diarrhea and seizures. About 226,000 people are hospitalized every year because of influenza and 36,000 die. Ninety percent of deaths are in adults 65 and older.

What is the single best way to protect yourself against Influenza?

Get vaccinated EVERY year!

Who should be Vaccinated?

- Children age 6 months through 18 years
- Pregnant women
- Anyone 50 or older
- Anyone with chronic medical conditions such as heart disease, kidney disease, liver disease, lung disease, asthma, diabetes, or blood disorders
- Anyone living in a nursing home or long-term care facility
- Anyone with a weakened immune system due to HIV/AIDS, long-term treatment with steroids, or cancer treatment
- Anyone living with/caring for those at high risk for complications from flu (*health care workers, household contacts/caregivers*)

Who should not be Vaccinated?

- Anyone with a severe egg allergy
- Anyone who has had a severe reaction to a previous influenza vaccination
- Anyone with Guillain-Barre syndrome
- Children less than 6 months old
- Anyone suffering from moderate to severe illness with a fever (*recover before vaccine*)

When should I get Vaccinated?

Influenza most often peaks in January or February. You should plan to get vaccinated in October or November but can still get vaccinated thru February or while supplies last.

What should I Expect?

The viruses in the influenza shot are inactivated (*killed*) so you CANNOT get influenza from the vaccine. Some minor side effects lasting 1 or 2 days are soreness, redness or swelling at the site of injection, low fever, and body aches. Rarely, the vaccine can cause severe allergic reactions.

Other Ways to Prevent the Flu:

- Wash your hands properly and frequently
- Cover your cough or sneeze with a tissue
- Stay home when you are sick
- Avoid close contact with those that are sick
- Get plenty of sleep and manage your stress