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UINTAH BASIN HEALTHCARE

PRESS RELEASE: Stopping The Flu Starts With U

October 5, 2021: The typical flu season runs October through May. A yearly flu vaccine for everyone 6 months of age and older is the first and most important step in protecting against this potentially serious disease.

WHERE TO GET A FLU SHOT

WALK-IN:

Home Health & Hospice In-Vehicle Vaccinations (187 W Lagoon, Roosevelt): M-F, 8:00 AM - 4:00 PM
Roosevelt Urgent Care (250 W 300 N, Clinic 1 Ste 102): M-F, 8 AM - 8 PM & SAT 8 AM - 4 PM
Vernal Basin Clinic Urgent Care (475 N 500 W): M-F, 8 AM - 8 PM & SAT 9 AM - 6 PM
UBMC Pharmacy (210 W 300 N, Roosevelt): M-F 8:30 AM - 8 PM & SAT 9 AM - 5 PM
DVMC Pharmacy (50 E 200 S, Duchesne): M-F 9:00 AM - 5:00 PM

PRIMARY CARE CLINICS: (Many providers do allow for walk-ins.)

Roosevelt Clinic (210 W 200 N, Roosevelt): 435-722-3971
Vernal Clinic (379 N 500 W, Vernal - West Entrance): 435-781-2030
Vernal Basin Clinic (379 N 500 W, Vernal - East Entrance): 435-789-1165
Duchesne Clinic (50 E 200 S, Duchesne): 435-738-2426
Altamont Clinic (15548 W 4000 N, Altamont): 435-454-3173
Tabiona Clinic (38080 W SR 35, Tabiona): 435-848-5509
Manila Clinic (96 N 100 W, Manila): 435-784-3575

EMPLOYER GROUP IMMUNIZATIONS:

WorkMed (Roosevelt & Vernal): 435-789-WORK

FLU vs COVID-19

The flu is a highly contagious virus that usually enters the body through the mouth, nose or eyes. The virus can become airborne if an infected individual coughs or sneezes, thus spreading rapidly to people within close proximity. Flu symptoms are often mistaken for catching a cold or simply feeling under the weather. In addition, with the current COVID-19 pandemic, it's important to note that both COVID-19 and flu can have varying degrees of signs and symptoms, ranging from no symptoms (asymptomatic) to severe symptoms.

Common symptoms that COVID-19 and flu share include:

- Fever or feeling feverish/having chills
- Cough
- Fatigue (tiredness)
- Sore throat
- Runny or stuffy nose
- Muscle pain or body aches
- Headache
- Shortness of breath or difficulty breathing (*More common with COVID-19*)
- Vomiting and diarrhea (*More common with COVID-19*)
- Change in or loss of taste or smell (*More common with COVID-19*)

For both Covid-19 and flu, 1 or more days can pass between when a person becomes infected and when he or she starts to experience illness symptoms. For both COVID-19 and flu, it's possible to spread the virus for at least 1 day before experiencing symptoms.

If a person has COVID-19, it could take them longer to experience symptoms than if they have the flu. Those infected with flu appear to be the most contagious during the initial 3-4 days of illness, but people may remain contagious for about 7 days. Those infected with COVID-19 may be contagious for 10 days after signs and symptoms first appeared.

Seek emergency medical attention if you have trouble breathing, persistent pain or pressure in the chest, new confusion, inability to wake or stay awake, bluish lips or face, dehydration, seizures, fever above 104°F or any other severe/concerning symptoms. Some people with the flu or COVID-19 develop complications (such as pneumonia) or other life-threatening conditions which may result in death.

HOW DOES THE FLU AFFECT THE COVID-19 PANDEMIC?

Flu vaccines will not prevent COVID-19, but they will reduce the burden of flu illnesses, hospitalizations and deaths on the healthcare system and conserve medical resources for the care of those who need it most.

Now more than ever, with the current COVID-19 pandemic occurring during flu season, please stay home from work or school if you are ill. It's also important to be aware of current [quarantine and isolation](#) guidance for COVID-19.

WHAT IS THE FLU SHOT?

The "flu shot" is an inactivated vaccine (containing killed virus) that is given with a needle, usually in the arm. The CDC has determined that receiving the flu vaccine does NOT cause flu, nor is it associated in any way with later onset of autism in children.

WHO SHOULD BE VACCINATED?

The CDC recommends routine annual influenza vaccination for everyone 6 months or older who do not have contraindications. Emphasis should be placed on vaccination of high-risk groups and their contacts/caregivers. A full listing of [people at Higher Risk of Developing Flu-Related Complications](#) is available.

WHEN TO BE VACCINATED

The CDC recommends vaccination before the end of October for best results. While vaccination should optimally occur before the onset of flu activity in the community, providers should continue to offer and encourage vaccination as long as flu viruses are circulating and vaccines are available.

People with COVID-19 who have symptoms should wait to be vaccinated until they have recovered from their illness and have met the criteria for discontinuing isolation; those without symptoms should also wait until they meet the criteria before getting vaccinated.

COST OF FLU SHOTS

Most insurance companies will cover the cost of a flu shot. The cost for self-pay is \$25. There is a program to cover the cost of a flu shot for veterans - ask your provider/pharmacist for details.

AVAILABLE FLU SHOTS

Most standard dose flu shots are given into the muscle with a needle. Quadrivalent standard dose flu shots are available, which are designed to protect against four different flu viruses, including two influenza A viruses and two influenza B viruses. A high-dose flu shot may be recommended for the aged population or those with compromised immune systems. (High-dose vaccines are available in both pharmacies, as well as limited quantities in clinic locations.) Those who have an allergy to eggs or any ingredients in the flu vaccine should speak to their healthcare provider. (Egg-free vaccines are also available.) When in question, ask your provider which flu shot is best for you.

PROTECT YOURSELF AGAINST THE FLU

In addition to getting a seasonal flu vaccine, you can take [everyday preventive actions](#) like avoiding close contact with those who are sick, staying home when you're sick, covering your mouth and nose with a tissue or sleeve when coughing/sneezing, washing your hands, avoiding touching your eyes-nose-mouth, and practicing good health habits to reduce the spread of germs.

STOPPING THE FLU STARTS WITH U!

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Uintah Basin Healthcare is a community not-for-profit healthcare system, serving the Uintah Basin since 1944. Today, Uintah Basin Healthcare is the largest and most comprehensive rural-based independent healthcare system in the state of Utah.



Walk-In Available

Home Health (In-Vehicle)

187 West Lagoon - Roosevelt
M-F: 8:00 AM - 4:00 PM
Closed Saturdays

Urgent Care Roosevelt

210 W 300 N Ste 102 - Roosevelt
M-F: 8:00 AM - 8:00 PM
SAT: 8:00 AM - 4:00 PM

UBMC & DVMC Pharmacy

210 W 300 N - Roosevelt
M-F: 8:30 AM - 8 PM | SAT: 9 AM - 5 PM
50 E 200 S - Duchesne
M-F: 9:00 AM - 5:00 PM

Urgent Care Vernal

475 N 500 W - Vernal
M-F: 8:00 AM - 8:00 PM
SAT: 9:00 AM - 6:00 PM

**Many providers allow for walk-ins,
or you can schedule an appointment.**

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