

For Release Immediately
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\$30 FLU SHOTS AVAILABLE AT PRICE CHOPPER

Influenza is a contagious viral infection that can affect anyone, anywhere

Schenectady, NY.... “Flu”, or influenza, is a highly contagious upper respiratory disease that affects the entire body. It is passed from person to person. In the US, seasonal epidemics of influenza occur every year, usually during winter months.

What can be done to prevent the flu? The best way to prevent influenza is to get an annual flu shot. Because the viruses change frequently and the protection from the vaccine decreases with time, people should be vaccinated every year.

This year, Price Chopper is partnering with Maxim Health Systems to offer flu and pneumonia shots at their pharmacies. The cost of the flu shot will be \$30. The pneumonia shot will be \$40. There is plenty of flu vaccine available.

Maxim Health Systems will be collecting cash and/or checks. Medicare part B recipients need to present a Medicare card and will receive the vaccination at no charge.

Consumers should check Price Chopper’s website www.pricechopper.com for a flu clinic schedule or call 1-800-666,7667, option 3, for the nearest Price Chopper with a pharmacy.

Consumers must call the store and schedule an appointment.

10 Fast Facts About The Flu*

1. You need a flu shot once each year because the virus strains may change every year.
2. The flu is highly contagious, spreading to others before symptoms appear.
3. The best time for your flu shot is from early October to early December.
4. Flu season in the United States generally begins in January and extends through March.
5. In 1999, Americans missed more than 52 million workdays because of the flu (National Center for Health Statistics).
6. Influenza is a respiratory illness that should not be confused with a cold or stomach ailment.
7. Symptoms of influenza include fever, chills, cough, sore throat, runny or stuffy nose, as well as headache, muscle aches, and fatigue.
8. Influenza is a contagious viral infection that can affect anyone, anywhere.

9. People over 65 and those with chronic illness are at higher risk for complications of the flu such as pneumonia.
10. You can't get the flu from the flu shot.

*Courtesy of the American Lung Association of Minnesota and BlueCross BlueShield of Minnesota.

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For more information, contact Barbara L. Page, Community & Public Relations Manager at (518) 379-1294.