

Some information about our vaccines, etc.:

We are able to vaccinate anyone aged 12 and older. It is given intramuscularly. We do not use the nasal spray or intradermal methods.

Our vaccines are the quadravalent vaccines. They have four inactive strains.

The vaccines we use are latex free and egg free, for people with allergies.

We have a preservative free vaccine available for pregnant women.

We do not use any Latex products.

The vaccines we use are standardized to USPHS requirements for use in the 2019-2020 influenza season (northern hemisphere winter) and contains the following:

- A/Brisbane/02/2018 (H1N1)pdm09-like virus (updated)
- A/Kansas/14/2017 (H3N2)-like virus (updated)
- B/Colorado/06/2017-like (Victoria lineage) virus
- B/Phuket/3073/2013-like (Yamagata lineage) virus

People that have a history of Guillain-Barre syndrome, or a history of any neurological symptoms following a flu shot, should not get a flu shot.

We are able to take any Regence, Uniform, Kaiser of WA (not NW), any Premera Blue Cross underwritten plans, and Medicare Part B.

For those without those insurances, or who may prefer to pay, the charge for a flu shot is \$35.

We have receipts available, and some insurance companies will reimburse all, or some of the cost.

"Nurse Janet"

2019-20