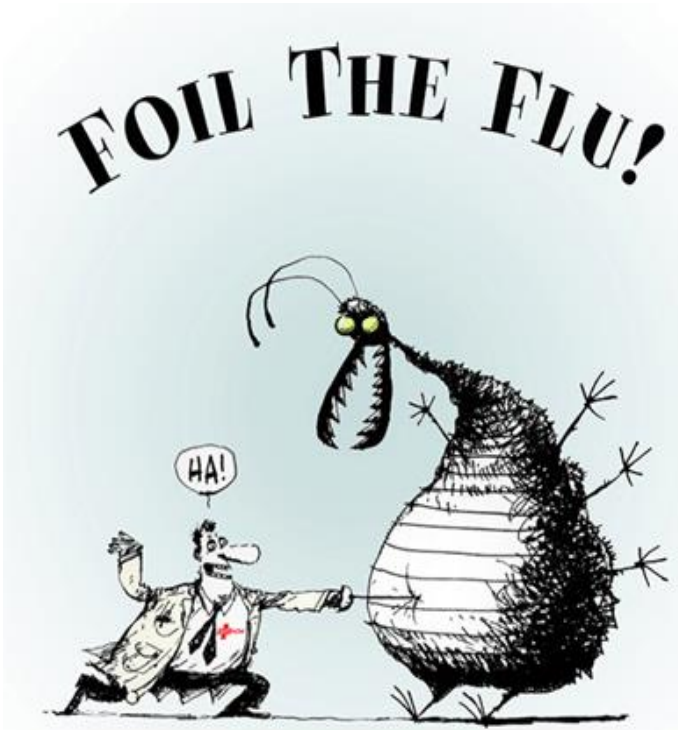


## *Cascade Family Practice Seasonal Flu Shots*



**Get the shot!**

**Cascade Medical Center providers recommend that everyone 6 months of age and older get vaccinated against the flu to protect themselves, their family, coworkers, fellow students, friends and neighbors.**

### **Frequently Asked Questions:**

- Who should get the flu vaccine? Seasonal flu vaccine is recommended for anyone over the age of 6 months.
- Is it effective? Those who get the shot are less likely to get the flu, or if they still get the flu, it will be a milder case.
- What does it cost?

**Children & Students K-12:** No Charge. Children's flu vaccine is covered by the State of Idaho Vaccine Program.

### **Adults (age 19+):**

- CMC will bill insurance, but most plans cover at 100%.
- School staff: Blue Cross of Idaho covers the flu vaccine 100%. No copay.
- Self-pay flu shots are \$25 each – pay at the time of service