State of Idaho
DEPARTMENT OF INSURANCE

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NEWS RELEASE

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Protect. Prevent. Prevail this Winter
Get the flu vaccination – not the flu!

BOISE ID (August 15, 2011) – Adults age 65 and older and people under 65 with chronic illness are encouraged to get a flu shot early, before flu season begins. The flu vaccine is available to Medicare beneficiaries at no cost, no coinsurance, no copayment and no deductible.

Idaho Department of Insurance Senior Health Insurance Benefits Advisors (SHIBA) Coordinator Jacquie Kennedy-Gooch says, "The flu vaccine helps prevent the flu, it doesn't give you the flu. By protecting yourself, you are protecting those around you."

The Department of Insurance reminds Idahoans of some common-sense tips to help avoid the flu:

- Use a tissue when you cough or sneeze, or sneeze into your elbow – not your hand.
- Wash your hands often with soap and water.
- Don't touch your eyes, nose or mouth.
- Try to avoid close contact with people who are ill; stay home if you are ill.

For more information, contact the SHIBA office at www.doi.idaho.gov, or call 1-800-247-4422.

About the Department of Insurance
The Idaho Department of Insurance has been regulating the business of insurance in Idaho since 1901. The mission of the Department is to equitably, effectively and efficiently administer the Idaho Insurance Code and the International Fire Code. For more information, visit www.doi.idaho.gov.

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