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NEWS RELEASE  
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## **Free Flu Shots for Uninsured Children and Adults During January at the Effingham County Health Department**

**SPRINGFIELD, GA** – Flu activity is currently very high in Georgia, and if you haven't already received your flu shot this season, it's not too late to get vaccinated. The Effingham County Health Department is offering **FREE flu shots for uninsured children and adults during the month of January 2026**. The health department is waiving the vaccine administration fee for individuals without health insurance coverage during this month. No appointment is needed.

Patients with health insurance may also receive no-cost flu shots, as most insurance plans cover flu vaccine at no charge to the patient. Call the health department at 912-754-6484 to confirm that your health insurance is accepted.

Everyone 6 months of age and older should get a flu vaccine every season. Flu vaccine reduces your risk of getting an influenza infection. If you do catch the flu, the vaccine can lessen the length and severity of your illness.

Vaccination is especially important for individuals at higher risk of complications from flu, such as:

- Adults age 65 and older
- Children under age 2
- People who are pregnant
- People who are obese
- People with weakened immune systems
- People with chronic lung conditions like asthma, COPD, and cystic fibrosis
- People with neurologic and neurodevelopment conditions
- People with heart disease
- People with endocrine, blood, kidney, liver, or metabolic disorders

You can also protect yourself from the flu by avoiding people who are sick, washing your hands often, and improving air quality by bringing in fresh outside air, purifying indoor air, or gathering outdoors.

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