

# Get Your Flu Vaccine

According to the CDC, Flu vaccinations reduce the risk of flu illness by up to 50% among the US population during flu seasons.



## Benefits of Flu Vaccinations\*

- ✔ Supports flu prevention
- ✔ Reduces the severity of illness for those hospitalized with flu
- ✔ Reduces the risk of flu-related hospitalizations
- ✔ Can be a helpful tool for people with certain chronic health conditions
- ✔ Reduces children's risk of life-threatening influenza

\*According to the CDC

## We offer flu vaccinations for the entire community!

You do not need to be a La Grande Family Medicine patient to get your flu shot. We offer flu vaccinations for ages 6 months and Up. Stay healthy this flu season!

*-Your La Grande Family Medicine Care Team*



### How to Book Your Vaccination:

1. View Vaccination Dates and times below
2. No Appointment Needed, Walk-In Only



(541) 963-4139

### La Grande Family Medicine



2011 Fourth St.  
La Grande, OR 97850



Monday-Friday from 9:30-11:30am and 1:30-4:30pm

# Stay Protected.



## What to Know About Measles & the MMR Vaccine

Measles, mumps, and rubella can cause serious illness—but the MMR vaccine offers strong, long-lasting protection.

### Who's already protected:

- ☑ Most people **born before 1957** likely have natural immunity
- ☑ Those born in **1957 or later** should have **at least one documented dose** of MMR

### Who needs two doses:

Some adults are at higher risk and should receive two doses\*, 28 days apart:

- ☑ Healthcare workers
- ☑ International travelers
- ☑ College students
- ☑ Close contacts of immunocompromised individuals

\*Booster not required for most: If you've had both doses, you're typically covered for life.

### Uncertain? Get the Vaccine Anyway

It's safe to get another dose if you're uncertain. A quick check with your provider can ensure you're fully protected.



# Why Are Annual Exams Important?

## ☒ Early Detection of Health Issues

Exams can help detect and diagnose medical conditions or risk factors in their early stages, such as hypertension, diabetes, or certain cancers.

## ☒ Preventive Care and Vaccinations

Stay current with your vaccinations, immunizations, screenings, and counseling.

## ☒ Health Monitoring and Risk Assessment

Monitor your health status over time. Track changes in your vital signs, cholesterol levels, and other key metrics to help assess your risk for various health conditions.

## ☒ Establish a Relationship with Your Provider

Regular visits with your provider help establish a strong doctor-patient relationship. This rapport allows for open communication and allows you to work closely with your provider to make informed decisions about your healthcare.

## Schedule an Appointment Today

[Schedule Now](#)



# SUPPORTING HEALTH AND NOURISHING COMMUNITY

# FOOD DRIVE

We care about your well-being inside and outside the doctor's office. That is why we are proud to offer our **Food Drive**, designed to help patients and families who may be experiencing food insecurity.



## HOW IT WORKS

- Ask the front desk or your care team and they will get you with a CHW or the Clinic Manager
  - At this time we can only give to our registered LFM and LUC Patients.
- Assess need and Begin building a box (Schedule a pickup time).

## CONFIDENTIAL & ACCESSIBLE

- Your Privacy and dignity matter to us.
- All food pantry services are confidential & available to patients in need.

## WE ARE PROUD TO SERVE YOU

*La Grande Family Medicine and La Grande Urgent Care Team*

## WHAT'S IN THE PANTRY

- Canned Vegetables and Fruits
- Canned Proteins (Tuna, Chicken, Beans)
- Rice, Pasta and Grains
- Breakfast Foods (Cereal, Oatmeal, etc.)
- Snacks & Nutritional Supplements
- Emergency Ready to Eat Meals
- And More

### Non Food Items:

- Shopping Bags/Paper Bags etc

## YOU CAN DONATE TOO

- A Drop-Off Box is conveniently located in the clinic lobby. *\*Please no home-canned or prepped items*



# SEASONAL TIPS

from your **CARE TEAM**

## 1 Keep Tabs on Blood Pressure

Cold temperatures can cause blood pressure to rise. If you monitor at home, check regularly and share readings at your next visit.

## 2 Keep Moving, Even in the Cold

Bundle up and aim for 20–30 minutes of movement most days. Shoveling snow, brisk walking, or winter hiking all count towards keeping your heart and joints healthy.

## 3 Dietary Adjustments

Comfort foods are often high in carbohydrates. Choose healthier options like soups and stews with lean proteins and plenty of vegetables.

## 4 Stay Hydrated

It's easy to forget to drink water in winter. Dehydration can affect blood sugar levels, so aim to stay hydrated. Warm water helps hydrate more in the Winter vs Cold

## 5 Support Your Mood and Sleep

Shorter days can impact energy and mood. Maintain a regular sleep routine, open blinds early for sunlight, and eat foods high in vitamin D (salmon, fortified milk).

## 6 Stay Up To Date on Vaccines

Get your flu shot and COVID booster. Ask your provider if you're due for pneumonia, shingles, or Tdap (whooping cough) vaccines too.

## 7 Protect Skin and Hands

Cold air and indoor heat can dry your skin. Moisturize after showering or bathing, use a humidifier if needed, and wear gloves when outdoors to prevent cracking and irritation.

## 8 Plan Ahead for Winter Travel

Keep an emergency kit in your vehicle (blanket, flashlight, snacks, medications). If you have chronic conditions like diabetes or asthma, carry extras in case of weather delays.

## 9 Keep Medications Warm

Insulin and other medications can be affected by cold temperatures. Store them at appropriate temperatures and avoid leaving them in cold vehicles.

## 10 Prevent Slips and Falls

Wear shoes with good traction, use handrails, and keep walkways clear of ice. Falls are one of the most common winter injuries – and often preventable.

