



NEWS

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FOR IMMEDIATE RELEASE: September 26, 2016

Spread the Word, Not the Flu **2016-2017 Montgomery County Health Department Flu Clinics Schedule**

Norristown, PA (September 26, 2016) – The 2016-2017 flu season is just around the corner and the Montgomery County Health Department (MCHD) is gearing up to offer this year's flu vaccine at clinics throughout the county. The Centers for Disease Control and Prevention (CDC) recommends that everyone six months of age and older get their yearly flu vaccine as soon as vaccines become available in their community. Vaccination is the best way to prevent influenza and its potentially severe complications. It's a good idea to get the vaccine as soon as it's available. It takes about two weeks after vaccination for antibodies to develop in the body and provide protection against the flu, and then the benefits last for up to a year.

The Montgomery County Health Department's 2016-2017 Influenza Immunization Clinics are listed below. All sites are walk-in. Accommodations for persons with disabilities will be available at the sites. The vaccinations are at no cost for Montgomery County residents. MCHD is requesting that all Medicare beneficiaries and clients with health insurance bring their insurance cards. The Health Department may seek reimbursement from insurance providers for this service. For those attending any of the clinics below, there will be no co-pay or cost. The below planned sites are dependent upon vaccine availability.

- Saturday, October 1, 2016
Abington Junior High School
2056 Susquehanna Road, Abington
10:00am-1:00pm
- Thursday, October 6, 2016
Montgomery County-Norristown Public Library

1001 Powell Street, Norristown

2:30pm-5:30pm

- Thursday, October 13, 2016

Hope Community Church

2732 North Charlotte Street, Gilbertsville

3:30pm-6:30pm

- Saturday, October 15, 2016

Montgomery County Community College

College Hall 144/148/151

340 DeKalb Pike, Blue Bell

10:00am-1:00pm

(Enter from Morris Road, turn left and then right at stop sign. Drive to parking bay 1A & 1B.

Enter at lower glass atrium.)

- Tuesday, October 18, 2016

Upper Merion Township Building

175 West Valley Forge Road, King of Prussia

3:30pm-6:30pm

- Tuesday, November 8, 2016

Trinity Lutheran Church (Vote & Vax)

1000 West Main Street, Lansdale

3:30pm-6:30pm

Additional Influenza Immunization Clinics held by Detweiler Family Medicine, the Montgomery County Health Department, Main Line Health, and the Norristown Area School District are listed below. Walk-ins are welcome, but preregistration is recommended so wait times are not prolonged. These sites are open to the community and are for anyone aged six months of age or older.

- Tuesday, October 4, 2016

Eisenhower Science & Technology Leadership Academy (ESTLA)

1601 Markley Street, Norristown

4:00pm-7:00pm

To preregister for attendance to ESTLA, please click on the following link:

<https://norristown20161004.questionpro.com>.

- Thursday, October 27, 2016

Norristown Area High School (NAHS)

1900 Eagle Drive, Norristown

4:00pm-7:00pm

To preregister for attendance at NAHS, please click on the following link:

<https://norristown20161027.questionpro.com>.

Additional Influenza Immunization Clinics held by Community Health Services in partnership with the Montgomery County Health Department are listed below. Registration is required for the below sites and is for those 19 years of age and older. To register call: 1-866-CALL-MLH.

- Wednesday, October 19, 2016

PALM Senior Center of Ardmore

117 Ardmore Avenue, Ardmore

9:00am-11:30am

- Wednesday, October 19, 2016

Merion Fire Company of Ardmore

35 Greenfield Avenue, Ardmore

1:00pm-3:00pm

- Monday, October 31, 2016

Upper Merion Senior Center

431 W. Valley Forge Road, King of Prussia

9:30am-11:30am

Influenza, commonly called “the flu,” is a serious disease caused by the influenza virus that affects the respiratory tract. It is highly contagious and generally spreads from person-to-person when an infected

person coughs or sneezes. The virus can be transmitted even before flu-like symptoms appear. A person usually becomes sick one to three days following exposure to the virus. Typical flu symptoms include fever, dry cough, sore throat, runny or stuffy nose, headache, muscle aches, and extreme fatigue. According to the CDC, each year in the United States approximately 200,000 people are hospitalized due to flu illness; and flu-related deaths range from 3,000 to 49,000 each year, averaging 24,000 over the last three decades.

To minimize your risk of contracting flu, follow these three simple steps:

1. Get a flu vaccine
2. Cover your nose and mouth with a tissue when you cough or sneeze and wash your hands often.
3. Take flu antiviral drugs if your doctor prescribes them. If you get the flu, antiviral drugs can be used to treat your illness.

Helpful websites for complete and up-to-date influenza information include: www.cdc.gov/flu , www.flu.gov, and www.health.pa.gov.

Find information about the flu on the Montgomery County Health Department website at: www.montcopa.org/flu or by calling 610-278-5117.