



NEWS

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RELEASE: September 24, 2013

Montgomery County Health Department 2013 Influenza Immunization Clinic Information

Norristown, PA (September 24, 2013) – The 2013-2014 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.

Those interested in getting the vaccine should get it 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 flu vaccine is needed every year because flu viruses are constantly changing. It's not unusual for new flu viruses to appear each year. The flu vaccine is formulated each year to keep up with the flu viruses as they change.

The Montgomery County Health Department's Influenza Immunization Clinics are listed below. All sites will be open from 10:00AM-1:00PM, except for the Upper Merion Township Building, which will be open from 3:00PM-6:00PM.

- Thursday, October 3, 2013, Norristown Public Library, 1001 Powell Street, Norristown
- Tuesday, October 8, 2013, Upper Merion Township Building, 175 West Valley Forge Road, King of Prussia
- Thursday, October 10, 2013, Congregation Beth Or, 239 Welsh Road, Maple Glen
- Saturday, October 12, 2013, Montgomery County Community College, 340 DeKalb Pike, Blue Bell

- Saturday, October 19, 2013, Abington Junior High School, 2056 Susquehanna Road, Abington
- Friday, October 25, 2013, Sunnybrook Ballroom, 50 Sunnybrook Road, Pottstown
- Saturday, November 2, 2013, Upper Perkiomen High School, 2 Walt Road, Pennsburg

Additional Influenza Immunization Clinics held by Community Health Services in partnership with the Montgomery County Health Department are listed below. Registration is required and is for those 65 years and older. To register, please call: 1-866-CALL-MLH.

- Tuesday, October 22, 2013, Merion Fire Company of Ardmore, 35 Greenfield Avenue, Ardmore
- Wednesday, October 23, 2013, PALM Senior Center of Ardmore, 117 Ardmore Avenue, Ardmore
- Monday, November 4, 2013, Upper Merion Senior Center, 650 Henderson Road, King of Prussia

The shots are free for Montgomery County residents. The Health Department will continue to vaccinate residents throughout the winter, or as long as they have the vaccine available.

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 the risk of contracting the flu, MCHD recommends following these simple steps:

- Get vaccinated;
- Wash your hands frequently and thoroughly;
- Cough or sneeze into your sleeve, not your hand; and
- Minimize contact with sick people if you’re well, and with well people if you’re sick.

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

Information about the flu is also available on the Health Department website at www.health.montcopa.org or by calling the Health Department at 610-278-5117.