



# NEWS

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**FOR IMMEDIATE RELEASE: December 6, 2013**

## **National Influenza Vaccination Week**

**Norristown, PA (December 6, 2013)** – The Montgomery County Health Department is joining with the Pennsylvania Department of Health in observing National Influenza Vaccination Week (NIVW), December 8-14, 2013. This year's NIVW campaign reminds everyone living in Pennsylvania about the importance of influenza immunization.

It is not too late for Montgomery County residents to receive their seasonal influenza vaccination. The rate of seasonal influenza activity peaks between January and March, so vaccination efforts should continue throughout the season. It takes about one to two weeks to build immunity after receiving the seasonal influenza vaccine.

Every year, an estimated 36,000 individuals die from influenza-related illnesses, and more than 200,000 people are hospitalized nationwide. Rates of serious illness and death are highest among persons older than 65 years of age and persons of any age who have medical conditions that place them at increased risk for complications from seasonal influenza.

The Pennsylvania Department of Health and the Montgomery County Health Department encourage everyone to protect themselves, their families, and their communities. For more information on immunization across the lifespan, contact the Montgomery County Health Department at 610-278-5117 or visit the website at [www.health.montcopa.org](http://www.health.montcopa.org).

The Montgomery County Health Department will be offering free influenza immunizations for Montgomery County residents from December 9-19, 2013. Please see the schedule below for dates, times, and locations.

**Montgomery County Health Department**  
**Free Influenza Immunizations**  
(Flu Shots & Nasal Spray)  
***December 9-19, 2013***

*\*No walk in flu will be provided December 23, 2013 through January 3, 2014.*

**For any Montgomery County resident who wishes to reduce their risk of getting the flu!**

*Please see the schedule below for dates, times, and locations.*

**Norristown Health Center**

1430 DeKalb Street, Norristown, PA 19404

610-278-5145

**Monday, Dec. 9 & 16**— children under 19 years old **by appointment only** (times vary),  
*please call for an appointment*

**Tuesday, Dec. 10 & 17**— all ages on a walk-in basis from **9:00am-3:00pm**

**Pottstown Health Center**

364 King Street, Pottstown, PA 19464

610-970-5040

**Monday, Dec. 9 & 16**— all ages on a walk-in basis from **9:00am-3:00pm**

**Wednesday, Dec. 11 & 18**— children under 19 years old **by appointment only** (times vary), *please call for an appointment*

**Willow Grove Eastern Courthouse Annex**

102 York Road, Suite 401, Willow Grove, PA 19090

215-784-5415

**Thursday, Dec. 12 & 19**— children under 19 years old **by appointment** from **9am-12pm**,  
*please call for an appointment*

**Thursday, Dec. 12**— all ages on a walk-in basis from **2:00pm-3:30pm**

**Wednesday, Dec. 18**— all ages on a walk-in basis from **9:00am-3:00pm**

***It's not too late!*** *Influenza can occur at any time. In recent seasons, most infections have occurred in January and February. Getting vaccinated in December or even later will still be beneficial. Most people **6 months of age and older** should get flu vaccine every year!*

*For additional locations providing flu vaccinations please visit*

<http://flushot.healthmap.org>