



# NEWS

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### 2017-2018 Montgomery County Health Department Flu Clinic Schedule: *Spread the Word, Not the Flu*

**Norristown, PA (Sept. 26, 2017)** – The 2017-2018 flu season is just around the corner and the Montgomery County Health Department (MCHD) is offering this year's flu vaccine at clinics throughout the county. The Centers for Disease Control and Prevention (CDC) recommends that everyone age six months 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 takes about two weeks after vaccination for antibodies to develop in the body and provide protection against the flu. The benefits of the vaccine last for up to a year.

The Montgomery County Health Department's 2017-2018 Influenza Immunization Clinics are listed below. All sites are walk-in. Accommodations for persons with disabilities will be available. The vaccinations are at no cost to 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. There will be no co-pay or cost for those attending any of the below clinics. The below planned sites are dependent upon vaccine availability.

- **Tuesday, October 3, 2017 from 3:30pm-6:30pm:** Montgomery County-Norristown Public Library, 1001 Powell Street, Norristown
- **Saturday, October 14, 2017 from 10:00am-1:00pm:** Montgomery County Community College, College Hall 144/148/151, 340 DeKalb Pike, Blue Bell (*Parking Bay 1A & 1B. Enter at lower glass atrium.*)
- **Tuesday, October 17, 2017 from 3:30pm-6:30pm:** Upper Merion Township Building, 175 West Valley Forge Road, King of Prussia
- **Saturday, October 21, 2017 from 10:00am-1:00pm:** Abington Junior High School, 2056 Susquehanna Road, Abington
- **Thursday, October 26, 2017 from 3:30pm-6:30pm:** Berean Bible Church, 2675 East High Street, Pottstown
- **Tuesday, November 7, 2017 from 3:30pm-6:30pm:** Trinity Lutheran Church (Vote & Vax), 1000 West Main Street, Lansdale

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 pre-registration is recommended so wait times are not prolonged. These sites are open to the community and are for those six months of age and older.

- **Wednesday, October 11, 2017 from 4:00pm-7:00pm:** Eisenhower Science & Technology Leadership Academy (ESTLA), 1601 Markley Street, Norristown. To preregister for attendance to ESTLA, please visit: <https://student1011fluclinic.questionpro.com>
- **Monday, October 30, 2017 from 4:00pm-7:00pm:** Norristown Area High School (NAHS), 1900 Eagle Drive, Norristown. To preregister for attendance at NAHS, please visit: <https://1030norristownstudents.questionpro.com>

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

- **Wednesday, October 18, 2017 from 9:00am-11:30am:** PALM Senior Center of Ardmore, 117 Ardmore Avenue, Ardmore
- **Wednesday, October 18, 2017 from 1:00pm-3:00pm:** Lower Merion Fire Department, 35 Greenfield Avenue, Ardmore

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. While the impact of the flu varies, it places a substantial burden on the health of people in the United States each year. The CDC estimates that influenza has resulted in between 9.2 million and 35.6 million illnesses, between 140,000 and 710,000 hospitalizations, and between 12,000 and 56,000 deaths annually since 2010.

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

1. Get a flu vaccine. It’s the best way to fight the flu!
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.flu.gov](http://www.flu.gov) and [www.health.pa.gov](http://www.health.pa.gov). Find information about the flu on the Montgomery County Health Department’s website at [www.montcopa.org/flu](http://www.montcopa.org/flu) or by calling 610-278-5117.