



FOR IMMEDIATE RELEASE

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FLU VACCINE NOW AVAILABLE AT THE CLEVELAND COUNTY HEALTH DEPARTMENT

Flu vaccine is safe, effective, and the best way to prevent the flu

(Shelby, NC)-- The Cleveland County Health Department joins the NC Division of Public Health and the Centers for Disease Control (CDC) and Prevention in urging everyone to make a flu vaccination a priority this season. Everyone over the age of 6 months is encouraged to be immunized.

Seasonal flu is most deadly for very young children and senior citizens disproportionately. The vaccine is safe and effective and the best way to prevent the flu.

In addition to vaccination, continue practicing healthy habits to protect you from flu viruses:

- Cover your nose and mouth with tissue when you cough or sneeze.
- Throw the tissue in the trash.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Stay home if you are sick. You should stay home for at least 24 hours after your fever is gone, except to get medical care or for other necessities. Your fever should be gone without the use of fever reducing medicine.

Flu vaccine is available at the Cleveland County Health Department Monday-Friday from 8:00 am-4:30 pm. The vaccine is free of charge for children 18 and younger who have Medicaid, do not have insurance, or are underinsured (meaning insurance does not cover the flu vaccine). The vaccine will also be free for uninsured (non-Medicaid) pregnant women 19 and older who are serviced by the health department and women 19 and older who have a family planning waiver and are receiving services at the health department.

If you have insurance, Medicare or Medicaid, we will bill these third party payers along with a \$15 administration fee. If you do not meet the above criteria or do not have insurance, Medicare or Medicaid, the charge for the vaccine is \$30. We also have available a limited number of the high dose flu vaccines for those 65 and older. Insurance, Medicare or Medicaid can be billed for this vaccine or the cost is \$46. For questions, you may visit the Cleveland County Health Department website at www.clevelandcounty.com/cchd or contact the Immunization clinic at 704-484-5154.

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