
CLEVELAND COUNTY

PUBLIC HEALTH CENTER

FOR IMMEDIATE RELEASE

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**Flu Vaccine Available at the Cleveland County Health Department Beginning This
Wednesday, October 5, 2016**

Everyone over the age of 6 months is encouraged to be immunized

(Shelby, NC)—The Cleveland County Public Health Center joins the NC Division of Public Health and the Centers for Disease Control (CDC) in urging everyone to protect themselves by getting vaccinated against the flu. Everyone over the age of 6 months is encouraged to be immunized.

It is not too early. The last three flu seasons have begun early in North Carolina. The vaccine is safe and effective and the best way to protect yourself and your family from getting the flu.

In addition to getting your flu vaccine, practice healthy habits to protect yourself from the flu:

- Cover your nose and mouth with tissue when you cough or sneeze.
- Throw the tissue in the trash immediately after use.
- 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.

Flu vaccine will be available beginning Wednesday, October 5, 2016 at the Cleveland County Public Health Center. The vaccine will be available Monday-Friday from 8:00 am - 4:30 pm. No appointment is needed.

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 ages 19 and older who are serviced by the health department and women ages 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 \$31.

We also have available a limited number of the high dose flu vaccines for those 65 years of age and older. Insurance, Medicare or Medicaid can be billed for this vaccine or the cost is \$52.

For more information about the flu vaccine, you may call the Cleveland County Public Health Center Immunization Clinic at 980-484-5100 or visit our website at www.clevelandcounty.com/cchd. You may also learn more about the flu by visiting www.flu.nc.gov.

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