

FLU CLINICS 2018

9/15/18 (Sat) 9:00 am—11:00 am	Montvale Senior Center (1 Memorial Drive, Montvale)
9/25/18 (Tue) 11:00 am—1:00 pm	Township of Washington Municipal Building (350 Hudson Ave., Twp of Washington)
9/26/18 (Wed) 6:00 pm—7:30 pm	Old Tappan Firehouse (231 Old Tappan Rd, Old Tappan)
9/29/18 (Sat) 10:00 am—1:00 pm	ECLC Ho-Ho-Kus (302 Franklin Tpke, HHK)
10/4/18 (Thur) 1:00 pm—2:30 pm	Tamaron Association (8 Tamaron Drive, Waldwick)
10/6/18 (Sat) 11:00 am—12:30 pm	Assumption Academy (35 Jefferson Avenue, Emerson)
10/9/18 (Tues) 10:00 pm—12:00 pm	The Kentshire (187 Patterson Avenue, Midland Park)
10/9/18 (Tues) 1:00 pm—3:00 pm	Midland Park Library (250 Godwin Avenue, Midland Park)
10/16/18 (Tues) 10:00 am—12:00 pm	Emerson Senior Citizen's Center (20 Palisade Avenue, Emerson)
10/17/18 (Wed) 11:30 am—1:00 pm	River Vale Community Center (628 Rivervale Road, River Vale)
TBA	Westwood House (100 Madison Avenue, Westwood)
2nd & 4th Thurs, 10:00 am—1:00 pm	Waldwick Health Center (20 White's Lane, Waldwick)

We do not accept insurance, including Medicare HMO/Advantage. Cash or check only. If you do not have Medicare Part B, cost is \$25 (regular vaccine) or \$35 (high-dose vaccine). Medicare Part B participants must bring their Medicare Part B card for us to bill Medicare. Children 3-17 can be vaccinated only if a parent or guardian is present. Some children aged 3-8 may need to receive a second dose. The vaccine for children is preservative-free.

Please note, residents from any town can attend our flu clinics.

As we are approaching the fall and winter months, we have to prepare our bodies for season related illnesses such as colds or influenza also known as the "Flu". The flu usually affects a person's breathing system. Seasonal flu generally occurs in the fall and winter (November through March) and is caused by human influenza viruses. This illness can be very mild but also very serious. Flu is often spread from person to person. People get the flu virus from touching or sharing items that have the flu virus on them, sneezing or coughing, or even talking! Droplets of the virus can spread up to 6 feet.

It is very important to use proper hygiene practices such as covering your mouth when you cough or sneezing, and washing your hands on a frequent basis. Properly dispose of tissues after use.

Symptoms of the flu include: -Muscle Aches -Headaches -Runny Nose -Tiredness -Fever -Cough -Sore Throat

To avoid getting or spreading the flu you should stay home from all activities such as work and school. Serious complications of the virus can result in hospitalization or even death. Most people who get influenza will recover in several days to less than two weeks, but some people will develop complications as a result of the flu. The Center for Disease Control and Prevention (CDC) recommends that individuals such as young children (ages 6 months and older), the older population and people with certain health conditions such as asthma or heart disease should receive a yearly flu shot in order to protect themselves and others from getting the flu. Pregnant women are also encouraged to receive one too.

Flu vaccination has important benefits. It can reduce flu illnesses, doctor's visits, and missed work and school due to flu, as well as prevent flu-related hospitalizations. Different flu vaccines are approved for use in different groups of people.

For more information on influenza, please visit the CDC's website: <https://www.cdc.gov/flu/about/index.html>. To receive your annual flu shot please visit your primary doctor or call your local health department/pharmacy for times and location of flu clinics. You may also call Northwest Bergen Regional Health Commission at (201) 445.7217 for flu clinic information.