

FOR IMMEDIATE RELEASE:
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Public Health
Prevent. Promote. Protect.

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OCEAN COUNTY HEALTH DEPARTMENT
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PRESS RELEASE

HEALTH DEPARTMENT UNVEILS 2019-2020 FLU/PNEUMONIA CLINICS SCHEDULE! *OCHD OFFERING MORE THAN 60 CLINICS FOR RESIDENTS*

(Toms River) - Coming off of one of the worst flu seasons in decades, the Ocean County Health Department (OCHD) is encouraging residents of all ages to get vaccinated as we head into a brand new flu and pneumonia season. The Ocean County Health Department will offer more than 60 flu/pneumo clinics open to the general public beginning on September 28th and running throughout the fall and winter and into March. For a complete schedule of clinic locations, dates and times residents can visit the OCHD website at www.ochd.org and click on flu clinic schedule.

"The Ocean County Health Department has provided the residents of Ocean County flu clinics for a very long time. Our professional staff and experienced nurses are always knowledgeable about the latest vaccines and can answer any questions you may have about the right vaccine choice for you. We urge everyone - toddlers to seniors - to be protected this flu season by being vaccinated," says Ocean County Freeholder Gerry P. Little, liaison to the Ocean County Board of Health.

This season the OCHD is offering a **standard** dose flu vaccine that will protect children and adults. There is also a **high** dose available that's intended to provide a higher immunity level for people 65 years of age and older. The pneumococcal vaccine, or the pneumo shot, is also being offered at the clinics for people 65 years of age or older.

"Both the flu and pneumo vaccines are important for our senior residents. People who get the flu may be more susceptible to infection with the bacteria that can lead to this type of pneumonia, which is very common in people over the age of 65," advises Daniel E. Regenye, OCHD Public Health Coordinator.

It's important to remember that the flu virus is extremely contagious and can be spread by coughing and sneezing. Symptoms usually last only a few days and may include fever, cough, sore throat, headaches, chills, muscle aches and fatigue. According to the Centers for Disease Control (CDC), there were record-breaking levels of illness and hospitalization rates last flu season. The flu killed and hospitalized more people in the United States last winter than any seasonal influenza in several decades. The flu took the lives of about 80,000 people in the 2017-2018 season.

"We certainly want to avoid a flu season like we had last year. We still had less than half the U.S. population getting vaccinated. There was also a drop in children under 5 receiving the vaccine. That can be dangerous because children are at highest risk for flu complications," added Regenye.

As for cost, Medicare Part B covers the flu and pneumo shot at all OCHD clinics. For those without Medicare Part B or have a Medicare Managed Care Plan, the cost will be \$20.00. A physician's note or prescription is required for a pneumonia shot for those under the age of 65.

Individuals who are homebound can call the Ocean County Health Department at 732-341-9700 ext. 7604 to schedule an appointment to receive a homebound flu shot.

Besides offering flu and pneumonia vaccines at the clinics, the Ocean County Health Department also will provide chronic disease screening services. Residents can have their blood pressure, glucose and cholesterol tested at no cost.

For more information on the flu/pneumonia clinic schedule please refer to the OCHD website at www.ochd.org, or follow the Health Department at [Twitter@OCpublichealth](https://twitter.com/OCpublichealth) or like us on Facebook. Also, please check out our new website at www.phu2.org, to access and learn more about our Public Health is You Too! campaign to help equip you to take simple steps to improve your health.

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Important Flu Facts?

- All people 6 months of age and older should get vaccinated against seasonal flu every year.
- Children younger than 6 months are at high risk of serious flu illness but are too young to be vaccinated. People who care for them should be vaccinated instead.
- Vaccination is especially important for pregnant women and people with chronic diseases.
- The flu vaccine protects against several different flu viruses (strains). Flu vaccines are updated every year to better match the viruses circulating in the public.
- Getting the flu vaccine cannot give you the flu! The vaccine is made with inactive (killed) virus strains which are not infectious.

For additional information please visit our website at www.ochd.org or pick up a vaccine information statement at any flu clinic.

(732) 341-9700 or (800) 342-9738 Ext. 7604

TTY (732) 831-6489



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Protect Yourself from the Flu

- Cover your mouth and nose with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- Avoid close contact with people who are sick.
- Stay home when you are sick.
- Avoid touching your eyes, nose or mouth.
- Get a flu shot every year.

OCEAN COUNTY

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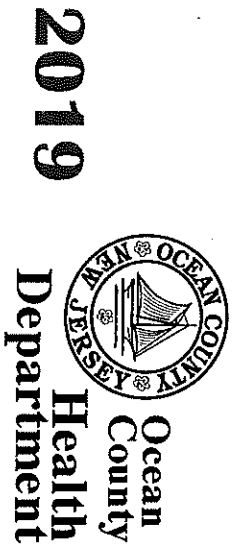
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Seasonal Influenza and Pneumococcal
Vaccination Sites

The Flu Ends with U!

Influenza and Pneumonia vaccinations are free if enrolled in Medicare Part B. If not enrolled in Medicare Part B, or you have a Medicare Managed Care Plan, the cost will be \$20.00 (cash or check).

- ✓ Residents under the age of 65 years need a doctor's recommendation for pneumonia vaccination.
- ✓ No registration is required.

All sites open to residents
6 months of age and older.

Barnegat 10/9/19	Wednesday Brighton at Barnegat - Clubhouse 35 Brighton Road	10:00 AM - 12:00 PM 5:00 PM - 7:00 PM
Bay Head 9/28/19	Saturday Bay Head Fire Department 81 Bridge Avenue*	8:00 AM - 12:00 PM
Beachwood 10/1/19	Friday Borough of Beachwood - Community Center 147 Compass Avenue	10:00 AM - 12:00 PM
Berkley 1/1/12/19	Tuesday Berkley Library 30 Station Road	5:00 PM - 7:00 PM
Berkley-TR 10/1/19	Tuesday Holiday City South - Clubhouse South 139 Santiago Drive	10:00 AM - 12:00 PM 10:00 AM - 12:30 PM
Briek 10/2/19	Wednesday Pritchett Commons 71 Bitushy Neck Drive*	10:30 AM - 12:00 PM
Brook 10/10/19	Thursday Lions Head North Clubhouse 200 Courtnash Drive	10:00 AM - 12:00 PM
Jackson 10/8/19	Tuesday Melvin Cottrell Center 45 Don Connor Boulevard*	10:00 AM - 12:00 PM
Lacey 10/29/19	Tuesday The Church of Saint Pius X 300 Lacey Road*	9:00 AM - 12:30 PM
Lakewood 10/28/19	Monday A Country Place Community Clubhouse 1400 South Lake Drive	1:00 PM - 3:00 PM 5:00 PM - 7:00 PM
Lavelle 10/29/19	Tuesday Lavelle First Aid Squad Building Bay Boulevard & Washington Avenue	10:30 AM - 12:00 PM
Little Egg Harbor 10/9/19	Wednesday Edward Trinton Community Center 319 West Calabreeze Way*	10:00 AM - 12:00 PM
Little Egg Harbor (Cont'd) 11/15/19	Friday Little Egg Harbor Library 290 Madestown Road	1:00 PM - 3:00 PM
Manchester 10/10/19	Thursday Whiting United Methodist Church 55 Lacey Road*	10:00 AM - 12:00 PM
Manitowish 10/17/19	Thursday Cedar Glen Homes 1846 Ridgeway Road	10:00 AM - 12:00 PM
Ocean Gate 11/25/19	Monday Borough of Ocean Gate- Municipal Building 801 Ocean Gate Avenue	10:00 AM - 12:00 PM
Plumsted 10/11/19	Friday Plumsted Branch Library 119 Evergreen Road	10:30 AM - 12:00 PM 10:00 AM - 12:00 PM
Point Pleasant 10/15/19	Tuesday Senior Beahive at St. Martha's Church 3800 Herbertsville Road*	12:00 PM - 2:00 PM
Point Pleasant 10/7/19	Monday Borough of Point Pleasant Beach- Fire Company No. 2 614 Laurel Avenue	10:00 AM - 12:00 PM 1:00 PM - 3:00 PM
Stafford 10/5/19	Saturday Fawn Lakes Clubhouse 6 Sycamore Road	1:00 PM - 3:00 PM 5:00 PM - 7:00 PM
Stafford 11/22/19	Friday Stafford Twp. - Ocean Acres Community Center 489 Nautilus Drive*	10:00 AM - 12:00 PM
Toms River 10/3/19	Thursday Toms River Twp. - Senior Center 652 Garfield Avenue	10:00 AM - 12:00 PM 1:00 PM - 3:00 PM
Toms River 10/17/19	Thursday YMCA 1088 West Whitty Road*	10:00 AM - 12:00 PM
Toms River 10/24/19	Thursday County Connection (Ocean County Mall) 1201 Hooper Avenue*	10:00 AM - 12:00 PM

Toms River (Cont'd) 11/21/19	Thursday County Connection (Ocean County Mall) 1201 Hooper Avenue*	10:00 AM - 12:00 PM
Toms River 12/19/19	Thursday County Connection (Ocean County Mall) 1201 Hooper Avenue	10:00 AM - 12:00 PM
Warren 1/9/20	YMCA 1088 West Whitty Road*	10:00 AM - 12:00 PM
Warren 1/16/20	Thursday County Connection (Ocean County Mall) 1201 Hooper Avenue*	10:00 AM - 12:00 PM
Warren 2/20/20	Thursday County Connection (Ocean County Mall) 1201 Hooper Avenue*	10:00 AM - 12:00 PM
Tuckerton 10/3/19	Thursday Borough of Tuckerton Complex 420 East Main Street	1:00 PM - 3:00 PM
Tuckerton 11/26/19	Tuesday Tuckerton Seaport Hunting Shanty 120 West Main Street	10:00 AM - 12:00 PM
Warehousen 10/18/19	Friday Ocean Twp. Community Center 239 11th Street	10:00 AM - 12:00 PM

Flu / Pneumonia Clinics at the Ocean County Health Department (OCHD)

OCHD Northern Site (Lakewood) - 1771 Madison Ave		
10/25/19	Friday	1:00 PM - 3:00 PM
11/6/19	Wednesday	5:00 PM - 7:00 PM
12/18/19	Friday	1:00 PM - 3:00 PM
1/10/20	Friday	5:00 PM - 7:00 PM
2/12/20	Wednesday	5:00 PM - 7:00 PM
OCHD Southern Site (Stafford) - 333 Hayward Rd		
10/24/19	Thursday	3:00 PM - 5:00 PM
11/14/19	Thursday	3:00 PM - 5:00 PM
12/12/19	Thursday	3:00 PM - 5:00 PM
1/9/20	Thursday	3:00 PM - 5:00 PM
2/13/20	Thursday	3:00 PM - 5:00 PM
OCHD Main Site (Toms River) - 175 Surget Ave		
10/21/19	Wednesday	9:00 AM - 1:00 PM
10/16/19	Wednesday	1:00 PM - 5:00 PM
11/4/19	Monday	4:00 PM - 8:00 PM
11/13/19	Monday	9:00 AM - 1:00 PM
12/2/19	Monday	4:00 PM - 8:00 PM
12/11/19	Wednesday	9:00 AM - 11:00 AM
1/8/20	Wednesday	9:00 AM - 11:00 AM
2/3/20	Monday	4:00 PM - 8:00 PM
3/2/20	Wednesday	4:00 PM - 8:00 PM

* Clinic sites offering Live Healthy Ocean County! Provide chronic disease screening services (i.e. blood pressure, glucose & cholesterol testing)