



CATAWBA COUNTY PUBLIC HEALTH HOSTING FLU SHOT EVENTS IN OCTOBER

HICKORY, NC – Seasonal influenza is an illness that can cause serious health complications, including death. The best defense against the flu is vaccination, which is why Catawba County Public Health encourages individuals to visit their medical provider for a flu shot before flu season arrives.

Public Health is offering flu shots to the public during two flu vaccine events at the health department, located at 3070 11th Ave. Dr. SE in Hickory, in October:

- **October 8** from 8:00 a.m. to 11:30 a.m. and 1:00 p.m. to 4:30 p.m.
- **October 9** from 8:00 a.m. to 11:30 a.m. and 1:00 p.m. to 4:30 p.m.

Vaccinations will be available by walk-in only for individuals age 3 and older. Appointments are recommended for infants ages 6-35 months and can be made by calling (828) 695-5800.

The seasonal flu shot costs \$28.00 for individuals age 3 and older and \$20.00 for children ages 6-35 months. For people 65 and older, the high-dose flu shot is available for \$44.00 and the pneumonia vaccine is available for \$84.00. Accepted forms of payment include cash, check, debit/credit, Medicare Part B (only), NC Medicaid, and NC HealthChoice. Medicare Advantage and other insurance plans will not be accepted; however, individuals may pay and then file with their insurers for possible reimbursement.

“Flu can be a devastating illness and should be taken seriously,” said Doug Urland, Health Director, Catawba County Public Health. “Fortunately, vaccines are available that can help prevent it. With flu shots now widely available in our community, we urge everyone to take the steps they can to protect themselves and their loved ones from this easily spread illness.”

The CDC recommends anyone 6 months or older get the flu vaccine. The vaccination is highly recommended for individuals who are at a higher risk for flu-related complications, including the following:

- Anyone with underlying health conditions such as asthma, diabetes, or chronic lung disease
- Pregnant women
- People 65 years or older
- Caregivers, especially those individuals caring for infants or people with health complications

Catawba County Public Health, located off Fairgrove Church Road behind Catawba Valley Medical Center in Hickory, N.C., works to protect and promote the health of all county residents. For more information, please call (828) 695-5800 or visit www.catawbacountync.gov/phealth.

“Leading the Way to a Healthier Community”