



UPCOMING FLU VACCINE CLINICS AT CATAWBA COUNTY PUBLIC HEALTH

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 hits.

This year, Public Health is offering two community events for flu vaccination:

- **October 30** from 8:00 a.m. to 11:30 a.m. and 1:00 p.m. to 4:30 p.m.
- **October 31** 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 required for infants ages 6-35 months and can be made by calling (828) 695-5800.

The seasonal flu shot costs \$26.00 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 \$40.00 and the pneumonia vaccine is available for \$80.00. Accepted forms of payment include cash, check, debit/credit, Medicare Part B (only), and Medicaid. Medicare Advantage and other insurance plans will not be accepted; however, individuals may pay and then file with their insurers for possible reimbursement.

In addition, Public Health is currently scheduling appointments for flu shots through the Vaccines for Children program at no charge to eligible individuals, including:

- Children 6 months through 18 years of age who have Medicaid or no insurance
- Women with Family Planning Waiver coverage
- Uninsured women 19 years and older who are pregnant during flu season and are being served by Catawba County Public Health, including the on-site Prenatal Clinic operated by Catawba Valley Medical Center Maternity Services

Starting November 3, all flu shots will be available by appointment only.

“We urge everyone to get a flu shot, and our flu clinics help ensure access to vaccine for those who need it,” said Doug Urland, Health Director, Catawba County Public Health. “Flu shots continue to be widely available throughout our community, which we hope will make it even easier for people to protect themselves from flu this season.”

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”