



# CATAWBA COUNTY

3070 11th Ave. Dr. SE - Hickory, NC 28602 - (828) 695-5800 - Fax (828) 695-4410 - TDD (828) 695-5155

Public Health

Kellie Coffey, Public Information Officer Ph: 828-695-5772

Kelly Isenhour, Assistant Health Director Ph: 828-695-5177

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## Upcoming Opportunities to Get Your Flu Vaccine

Catawba County Public Health is encouraging anyone who has not already received their flu vaccine to take advantage of upcoming community flu clinics. The community flu clinics are open to the public.

Upcoming dates for the clinics are:

Saturday November 13th	8:00 a.m. to 1:00 p.m.	First United Methodist Church, Conover
Saturday, November 20th	8:00 a.m. to 1:00 p.m.	Rosenwald Center, Maiden
Wednesday, December 1st	3:00 p.m. to 6:00 p.m.	Corinth Reformed Church, Viewmont

“Catawba County Public Health has planned flu clinics throughout many geographical areas of Catawba County in an effort to increase vaccination rates,” said Lynne Laws, Community Health Services Nurse Supervisor at Catawba County Public Health. “We want to make it easy for everyone to get the flu vaccine since it is the best way to protect yourself against the flu.”

Catawba County Public Health will continue to operate walk in flu clinics at their location behind Catawba Valley Medical Center. The clinics will run Monday-Friday 8:00 a.m. to 5:00 p.m.

The cost of the flu vaccine is \$20 and pneumonia shots are offered for \$52. Adults with Medicare Part B (only) and children who are Medicaid eligible or uninsured will receive free vaccine.

The Centers for Disease Control and Prevention (CDC) recommends flu vaccination for everyone ages 6 months and older.

The 2010-11 flu vaccine will protect against 2009 H1N1, and two other influenza viruses (an H3N2 virus and an influenza B virus). For most people that means that only one vaccine will be required as compared to last year in which the H1N1 vaccine was separate from the seasonal flu vaccine. As usual, children under 9 who have never received a flu vaccine will require two doses.

“Anytime is the right time to get your flu shot. Based on information from the CDC, the flu vaccine is effective all year,” noted Laws.

For more information about this year’s flu vaccine, please call Catawba County Public Health at 695-5800 or visit [www.catawbacountync.gov/phealth](http://www.catawbacountync.gov/phealth).



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