



## **FLU VACCINES AVAILABLE 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 strikes.

This year, Public Health is only offering two community events for flu vaccination. Residents who get their flu shots from Public Health should plan to come on one of these two days:

- October 4 from 8:00 a.m. to 11:30 a.m. and 1:00 p.m. to 4:30 p.m.
- October 7 from 8:00 a.m. to 11:30 a.m. and 1:00 p.m. to 4:30 p.m.

Because seasonal flu shots are so widely available, a limited supply of regular flu shots and a larger supply of high-dose flu shots (for people age 65 and older) will be offered.

Vaccinations will be available by walk-in only, except for infants. Appointments are required for infants ages 6-35 months and can be made by calling (828) 695-5800.

“Our hope is to provide flu shots to as many people as possible during the two events,” said Debbie Johnson, RN, immunizations charge nurse, Catawba County Public Health. “However, if vaccine is still available after October 7, we will re-evaluate the need to host additional community events.”

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:

- 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

The seasonal flu shot costs \$20.00. For people 65 and older, the high-dose flu shot is available for \$38.00 and the pneumonia vaccine is available for \$70.00. 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.

A limited supply of state vaccine is available for free 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

“Flu season is a good time to remember the importance of vaccinations,” said Doug Urland, health director, Catawba County Public Health. “Many diseases no longer exist in our community because of vaccines. We

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encourage everyone to prevent the flu this season by getting vaccinated.”

Located off Fairgrove Church Road behind Catawba Valley Medical Center in Hickory, N.C., Catawba County Public Health provides health and education services to eligible men, women, and children in the community. For more information, please call (828) 695-5800 or visit [www.catawbacountync.gov/phealth](http://www.catawbacountync.gov/phealth).

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