

Catawba County Public Health Seasonal Flu Vaccination Clinics

Getting your child a flu vaccine is the best protection from the influenza virus that you can give them.

Catawba County Public Health will be offering seasonal flu vaccines for children in grades k-12 and H1N1 if available. Vaccines will be FREE to all children.

When: Saturday November 21st, 8:00am to 1:00pm.

Where: Vaccines will be available at two high school locations in Catawba County while supplies last.

Bandy's High School Cafeteria

5040 East Bandys Rd. Catawba, NC 28609

St. Stephens High School Cafeteria

3205 34th Street Dr NE Hickory, NC 28601

Fight the Flu: Steps to Prevention

There are several things you can teach your child in order to prevent them from getting sick and spreading the virus to others:

- 1) Wash your hands often with soap and water. Alcohol-based hand sanitizers are also effective.
- 2) Avoid touching your eyes, nose, or mouth. Germs spread this way.
- 3) Keep frequently touched common surfaces clean.
- 4) **STAY HOME IF YOU'RE SICK.** The Centers for Disease Control and Prevention recommends that people with influenza-like illness remain at home until at least 24 hours after they are free of fever (100°F), without the use of fever-reducing medications.
- 5) Get the seasonal flu vaccine and the H1N1 flu vaccine.
- 6) Maintain a healthy lifestyle through rest, diet, and exercise.

Catawba County Public Health
3070 11th Ave Dr. SE Hickory, NC 28602
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