



# News Release

FOR IMMEDIATE RELEASE

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Cumberland County Public Health Department  
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## Health Department Offers Flu Shots

FAYETTEVILLE – The Cumberland County Public Health Department encourages citizens to protect themselves and their families by getting immunized against the flu. The department is offering both regular seasonal flu shots and the high-dose seasonal flu vaccine, which is designed specifically for individuals 65 years and older. Both vaccines contain protection against the H1N1 flu.

Clinic hours for flu vaccine are Monday-Thursday 8 a.m. until 12 noon and 1 p.m. until 4 p.m. Friday hours are 8 a.m.-11:30 a.m. The cost is \$35 for regular flu shot; \$45 for Flumist; and \$50 for high-dose flu vaccine. Medicare, Medicaid, NC Health Choice and Blue Cross Blue Shield will be billed and there will be no cost to the client.

All individuals 6 months old and up should be vaccinated against influenza. Children who meet the “Vaccine For Children” program guidelines would be able to receive the vaccine free of charge. The program covers children on Medicaid; those who have no health insurance or their health insurance does not cover vaccines; or those who are American Indian or Alaskan natives.

While flu can have serious implications even for otherwise healthy people, complications from flu are most common among very young children and people over 50, as well as people with chronic health conditions and pregnant women.

In addition to vaccination, you can prevent flu and other illness by:

- Covering coughs and sneezes with a tissue and then discarding the tissue promptly;
- Washing hands frequently with soap and water or, if they are not available, with an approved hand sanitizer; and
- Staying home when you are sick. Stay home until you are fever free for at least 24 hours.

For more information, contact Maureen Mercer at 433-3658.

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