



# NEWS

**MONTGOMERY COUNTY OFFICE OF COMMUNICATIONS**  
**COURT HOUSE, NORRISTOWN, PA., BOX 311, 19404-0311**

**Frank X. Custer, Communications Director**

**Jessica Willingham, Communications Assistant**

**PHONE (610) 278-3061 FAX (610) 278-5943**

**COMMISSIONERS: JOSH SHAPIRO, *Chair***

**LESLIE S. RICHARDS, *Vice Chair*, BRUCE L. CASTOR, JR., *Commissioner***



**RELEASE: September 19, 2014**

## **Reduce the Risk of Getting the Flu; Attend an MCHD Influenza Immunization Clinic**

**Norristown, PA (September 19, 2014)** – The 2014-2015 flu season is just around the corner and the Montgomery County Health Department (MCHD) is gearing up to offer this year's flu vaccine at clinics throughout the county. The Centers for Disease Control and Prevention (CDC) recommends that everyone six months of age and older get their yearly flu vaccine as soon as vaccines become available in their community. Vaccination is the best way to prevent influenza and its potentially severe complications. It takes about two weeks after vaccination for antibodies to develop in the body and provide protection against the flu, and the benefits last for up to a year.

The Montgomery County Health Department's 2014-2015 Influenza Immunization Clinics are listed below. All sites will be open from **10:00AM-1:00PM**, except for the Upper Merion Township Building and Arcadia University, which will be open from **3:30PM-6:30PM**. All sites are walk-in. Accommodations for persons with disabilities will be available at the sites. The vaccinations are free for Montgomery County residents. MCHD is requesting that all Medicare beneficiaries and clients with health insurance bring their insurance cards. The below planned sites are dependent upon vaccine availability.

- Tuesday, September 30, Norristown Public Library, 1001 Powell Street, Norristown
- Friday, October 3, Sunnybrook Ballroom, 50 Sunnybrook Road, Pottstown
- Tuesday, October 7, Upper Merion Township Building, 175 West Valley Forge Road, King of Prussia
- Friday, October 10, Congregation Beth Or, 239 Welsh Road, Maple Glen
- Saturday, October 18, Montgomery County Community College, 340 DeKalb Pike, Blue Bell, (Physical Education Center)
- Saturday, October 25, Abington Junior High School, 2056 Susquehanna Road, Abington

- Thursday, October 30, Arcadia University, 450 South Easton Road, Glenside (Commons Building, Great Room, enter through Kuch Center, parking in Lots # 9 and 10)
- Saturday, November 1, Upper Perkiomen High School, 2 Walt Road, Pennsburg

Additional Influenza Immunization Clinics held by Community Health Services, in Partnership with the Montgomery County Health Department, are listed below. Registration is required for the below sites and is for those 65 years and older. To register, please call: 1-866-CALL-MLH.

- Tuesday, October 21, Merion Fire Company of Ardmore, 35 Greenfield Avenue, Ardmore, 1:00PM-3:00PM
- Wednesday, October 22, PALM Senior Center of Ardmore, 117 Ardmore Avenue, Ardmore, 9:00AM-11:30AM
- Monday, November 3, Upper Merion Senior Center, 650 Henderson Road, King of Prussia, 9:30AM-11:30AM

Influenza, commonly called “the flu,” is a serious disease caused by the influenza virus that affects the respiratory tract. It is highly contagious and generally spreads from person-to-person when an infected person coughs or sneezes. The virus can be transmitted even before flu-like symptoms appear. A person usually becomes sick one to three days following exposure to the virus. Typical flu symptoms include fever, dry cough, sore throat, runny or stuffy nose, headache, muscle aches, and extreme fatigue.

According to the CDC, each year in the United States approximately 200,000 people are hospitalized due to flu illness; and flu-related deaths range from 3,000 to 49,000 each year, averaging 24,000 over the last three decades.

To minimize your risk of contracting flu, follow these simple steps:

- Get vaccinated;
- Wash your hands frequently and thoroughly;
- Cough or sneeze into your sleeve, not your hand; and
- Minimize contact with sick people if you’re well, and with well people if you’re sick.

Helpful websites for complete and up-to-date influenza information include: [www.cdc.gov/flu](http://www.cdc.gov/flu), [www.flu.gov](http://www.flu.gov), and [www.health.state.pa.us](http://www.health.state.pa.us). Information about the flu is also available on the Montgomery County Health Department website at [www.health.montcopa.org](http://www.health.montcopa.org) or by calling MCHD at 610-278-5117.