NEWS

MONTGOMERY COUNTY OFFICE OF COMMUNICATIONS
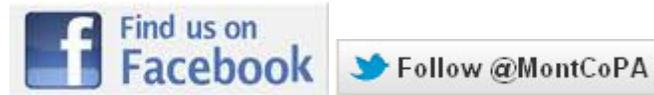**COURT HOUSE, NORRISTOWN, PA., BOX 311, 19404-0311**
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FOR IMMEDIATE RELEASE: December 5, 2014

Montgomery County Health Department Recognizes National Influenza Vaccination Week, Provides Free Influenza Vaccinations to County Residents

Norristown, PA (December 5, 2014) – The Montgomery County Health Department (MCHD) is offering free influenza vaccinations to any Montgomery County resident aged 6 months or older. If interested in receiving a flu vaccine at one of MCHD's health centers, please visit http://www.montcopa.org/index.aspx?NID=1187 or call 610-278-5117 for dates, times, and locations.

National Influenza Vaccination Week (NIVW), December 7-13, 2014, reminds everyone about the importance of influenza immunization. "Getting vaccinated is the single best way for people to protect not only themselves against flu, but their loved ones as well," said Kalyn Roberts, RN, BSN, Immunization Coordinator for the Montgomery County Health Department.

It's not too late to get vaccinated! Influenza can occur at any time. In recent seasons, most infections have occurred in January and February, but significant activity can occur as late as May. Getting vaccinated in December will still be beneficial.

For millions of people every season, the flu can mean a fever, cough, sore throat, runny or stuffy nose, muscle aches, fatigue, and days spent in bed. More than 200,000 people are hospitalized in the United States from flu complications each year. The flu can also be deadly. Over a period of 30 years, between 1976 and 2006, estimates of yearly flu-associated deaths in the United States range from a low of about 3,000 to a high of about 49,000 people during the most severe season. The Montgomery County Health Department encourages everyone to protect themselves, their families, and their community from influenza by receiving a vaccine that can prevent flu.

Getting a flu vaccine is more convenient than ever before. In addition to the health department, flu vaccine is available in a variety of locations, from doctors to pharmacies. Many employers, schools, and retail stores also offer flu vaccines.

For the Montgomery County Health Department's free influenza vaccinations, please visit http://www.montcopa.org/index.aspx?NID=1187 or call 610-278-5117.

The Flu Vaccine Finder locates flu vaccine clinics near you. Simply enter your zip code or city and state to find mapped locations of flu vaccine clinics: http://vaccine.healthmap.org.

For more information about influenza or the flu vaccine, talk to your health care provider, visit www.cdc.gov/flu, or call the Centers for Disease Control and Prevention (CDC) at 1-800-CDC-INFO (800-232-4636).