



NEWS

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FOR IMMEDIATE RELEASE: October 1, 2015

Arkoosh Needles Colleagues with Flu Vaccine to Promote Montco's Immunization Program

Norristown, PA (October 1, 2015) – Montgomery County Commissioner Val Arkoosh enjoys her job, but it would be fair to say that she got some extra satisfaction Thursday at the regularly-scheduled commissioners meeting when she pulled out an over-sized syringe when it came time for her to administer flu shots to her commissioner colleagues, Josh Shapiro and Bruce L. Castor, Jr.

After brandishing the fake syringe, Arkoosh, a physician, got serious and administered the shots to Shapiro and Castor. Arkoosh had already received her flu shot from a county health department staffer.

The commissioners took the time from the meeting Thursday to demonstrate how important a yearly flu vaccine is and to promote the county's 2015 Influenza Immunization Clinics that will be held throughout the county in the coming weeks.

"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," Arkoosh said. "Vaccination is the best way to prevent influenza and its potentially severe complications. It's a good idea to get the vaccine as soon as it's available. It takes about two weeks after vaccination for antibodies to develop in the body and provide protection against the flu, and then the benefits last for up to a year."

The Montgomery County Health Department's (MCHD) 2015 Influenza Immunization Clinics are listed below. **All sites will be held from 10:00am-1:00pm, except for Hope Community Church and the Upper Merion Township Building, which will be held 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 whether or not they have health insurance. MCHD is requesting that all Medicare beneficiaries and clients with health insurance bring their insurance cards. MCHD will not be charging co-pays for influenza vaccinations. The below planned sites are dependent upon vaccine availability:

- Tuesday, October 6
Montgomery County-Norristown Public Library, 1001 Powell Street, Norristown
10:00am-1:00pm
- Saturday, October 10
Montgomery County Community College, 340 DeKalb Pike, Blue Bell
(College Hall-Park in Lot #1, Morris Road Lot, and access building at lower level entrance)
10:00am-1:00pm
- Saturday, October 17
Abington Junior High School, 2056 Susquehanna Road, Abington
10:00am-1:00pm
- Thursday, October 22
Hope Community Church, 2732 North Charlotte Street, Gilbertsville
3:30pm-6:30pm
- Tuesday, October 27
Upper Merion Township Building, 175 West Valley Forge Road, King of Prussia
3:30pm-6:30pm
- Saturday, November 7
Cheltenham High School, 500 Rices Mill Road, Wyncote
(Park in main parking lot, enter at Rices Mill Road and Carlton Avenue)
10:00am-1:00pm

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 of age and older. To register, please call 1-866-CALL-MLH (1-866-225-5654).

- Tuesday, October 13
Merion Fire Company of Ardmore, 35 Greenfield Avenue, Ardmore
6:00pm to 8:00pm
- Wednesday, October 21
PALM Senior Center of Ardmore, 117 Ardmore Avenue, Ardmore
9:00am to 11:30am
- Monday, November 2
Upper Merion Senior Center, 650 South Henderson Road, King of Prussia
9:30am to 11:30am

Helpful websites for complete and up-to-date influenza information include:

www.cdc.gov/flu, www.flu.gov, and www.health.pa.gov

Find information about the flu on the Montgomery County Health Department website at www.health.montcopa.org or by calling the Health Department at 610-278-5117.