



# NEWS

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### FOR IMMEDIATE RELEASE:

#### 2020-2021 Montgomery County Office of Public Health Flu Clinics Schedule

**Norristown, PA (September 28, 2020)** – The Centers for Disease Control (CDC) and the Montgomery County Office of Public Health (OPH) encourages residents to get the annual flu shot to reduce the chance of getting the flu and spreading it to others. Widespread community vaccination helps prevent the spread of flu within communities, so do your part to help your community and get your flu shot.

“Getting a flu shot this year is more important than ever,” said Dr. Valerie A. Arkoosh, Chair, Montgomery County Board of Commissioners. “According to the CDC, COVID-19 will likely continue into the fall and winter and may overlap with the flu season. With the possibility of both viruses occurring in our communities at the same time, everyone age six months and older must get their yearly flu shot.”

“A flu shot this season can also help reduce the burden on our healthcare systems responding to the COVID-19 pandemic and save medical resources for the care of patients with COVID-19,” said Arkoosh. “Flu shots have been shown to reduce the risk of flu illness, hospitalizations, and death.”

The best way to prevent flu and its potentially severe complications is to get a flu shot. Residents should get a flu shot before flu viruses begin spreading in our community, since it takes about two weeks after vaccination for antibodies to develop in the body and provide protection against flu.

Montgomery County Office of Public Health (OPH) will be holding drive-thru flu clinics and weekly walk-up flu clinics in October. The Office of Public Health’s 2020-21 Influenza Immunization Clinics are listed below. **New this year is that all sites will be by appointment only.** Residents must make an appointment and register for a flu shot at [www.montcopa.org/flu](http://www.montcopa.org/flu) or by calling **610-278-5145**. These flu clinics are for people who live, work, or attend school in Montgomery County. OPH will provide flu vaccinations to those six months of age and older. Accommodations for persons with disabilities will be

available. The vaccinations are at no cost for Montgomery County residents. OPH will bill those with insurance. The below-planned sites are dependent upon vaccine availability.

#### **Drive-thru Sites-**

- Upper Perkiomen Middle School, 901 Montgomery Ave., Pennsburg, PA
- Cheltenham High School, 500 Rices Mill Road, Wyncote, PA
- Montgomery County Community College, 340 Dekalb Pike, Blue Bell, PA
- Oaks Convention Center, 100 Station Ave., Oaks, PA

#### **Walk up Sites-**

- Pottstown - 364 King St., Pottstown PA
- Green Lane - 2144 Snyder Road, Green Lane, PA
- Willow Grove - 1678 Fairview Ave., Willow Grove, PA
- Lansdale - 421 W. Main St., Lansdale, PA
- Norristown - 1433 Green St., Norristown, PA
- Ardmore - 114 W Lancaster Ave., Ardmore, PA (in the parking lot next to IHOP)

To attend one of OPH's influenza vaccination clinics listed above, **residents must make an appointment and register** at [www.montcopa.org/flu](http://www.montcopa.org/flu) or by calling 610-278-5145. Only those who have made an appointment and who have completed their registration will be able to receive a flu shot at an OPH flu clinic.

Influenza, commonly called “the flu,” is a highly contagious respiratory disease that can lead to serious illness, hospitalization, or even death. Most experts believe the flu viruses spread mainly by tiny droplets made when people with flu cough, sneeze or talk. The virus can be transmitted even before flu-like symptoms appear. A person usually becomes sick one to four 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. While the impact of flu varies, it places a substantial burden on the health of people in the United States each year. CDC estimates that flu has resulted in between nine million - 45 million illnesses, between 140,000 – 810,000 hospitalizations, and between 12,000 – 61,000 deaths annually since 2010. During the 2018-2019 flu season, flu shots prevented an estimated 4.4 million illnesses, 58,000 hospitalizations, and 3,500 deaths associated with flu.

Take everyday preventive actions to stop the spread of flu by following these three simple steps:

1. Get a flu shot. It is the first and most important step to fight the flu.
2. Cover your nose and mouth with a tissue when you cough or sneeze and wash your hands often.
3. Take flu antiviral drugs if your doctor prescribes them. If you get the flu, antiviral drugs can be used to treat your illness.

Find information about the flu and locations that offer flu shots in our county on the Montgomery County Office of Public Health's website at [www.montcopa.org/flu](http://www.montcopa.org/flu) or by calling 610-278-5117. Other helpful websites for complete and up-to-date flu information include <https://www.cdc.gov/flu/> and [www.health.pa.gov](http://www.health.pa.gov).

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