FOR IMMEDIATE RELEASE: September 14, 2012

Montgomery County Health Department Flu Clinics Scheduled

Norristown, PA (September 14, 2012) – The Montgomery County Health Department, in conjunction with the Montgomery County Department of Public Safety, will be conducting one drive-thru flu clinic for any Montgomery County resident age six months and older. There will also be six walk-in community flu sites. The shots are free for Montgomery County residents.

The following is a list of the drive-thru and walk-in flu clinic dates where residents will be able to receive a flu shot. No Pneumococcal or Tdap (Tetanus, Diphtheria, and Pertussis) vaccine will be given at the following clinics. At the drive-thru site all residents will be vaccinated in cars only; no walk-up shots will be given.

<table>
<thead>
<tr>
<th>DATE</th>
<th>TYPE</th>
<th>TIME</th>
<th>SITE/ADDRESS</th>
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</thead>
<tbody>
<tr>
<td>9/29/12</td>
<td></td>
<td>10 AM – 1 PM</td>
<td>Upper Perkiomen High School 2 Walt Road, Pennsburg</td>
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<td>10/4/12</td>
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<td>10 AM – 1 PM</td>
<td>Norristown Public Library 1001 Powell Street, Norristown</td>
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<td>10/11/12</td>
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<td>10 AM – 1 PM</td>
<td>Congregation Beth Or 239 Welsh Road, Maple Glen</td>
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<td>10/13/12</td>
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<td>10 AM – 1 PM</td>
<td>Montgomery Co. Community College 340 DeKalb Pike, Blue Bell</td>
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<td>10/16/12</td>
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<td>3 PM – 6 PM</td>
<td>Upper Merion Township Building 175 West Valley Forge Road, King of Prussia</td>
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<tr>
<td>10/20/12</td>
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<td>10 AM – 1 PM</td>
<td>Abington Junior High School 2056 Susquehanna Road, Abington</td>
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<td>10/26/12</td>
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<td>10 AM – 1 PM</td>
<td>Sunnybrook Ballroom 50 Sunnybrook Road, Pottstown</td>
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= Drive-thru (vaccinated in your car)  = Walk-in

The above planned sites are dependent upon vaccine availability.
Residents who are Medicare eligible should bring their Medicare card.

It is important to receive a seasonal flu vaccine every year because influenza is an exceedingly common virus, and it becomes more common during the winter months. The U.S. Centers for Disease Control and Prevention (CDC) estimates that up to one quarter of Americans comes down with the flu during its prime season, which typically lasts from November to March.

**Check with your physician if:**
- You are allergic to eggs (eggs are used in the production of flu vaccine)
- You have had a previous serious reaction to a flu vaccine

**Possible side effects from injected vaccines:**
- Common and mild side effects include soreness at the site of injection, fever and aches. These side effects usually occur soon after the shot and last one or two days.
- Life-threatening allergic reactions are rare but may include high fever, behavior changes, difficulty breathing, hoarseness, hives, paleness, weakness, fast heartbeat, or dizziness. If they occur, it is typically within a few minutes to a few hours after the shot.

**Who should get a seasonal flu shot?**
On February 24, 2010 vaccine experts voted that everyone six months and older should get a flu vaccine each year starting with the 2010-2011 influenza season.

While everyone should get a flu vaccine each flu season, it’s especially important that the following groups get vaccinated either because they are at high risk of having serious flu-related complications or because they live with or care for people at high risk for developing flu-related complications:
1. Pregnant women
2. Children younger than 5, but especially children younger than 2 years old
3. People 50 years of age and older
4. People of any age with certain chronic medical conditions
5. People who live in nursing homes and other long-term care facilities
6. People who live with or care for those at high risk for complications from flu, including:
   - Healthcare workers
   - Household contacts of persons at high risk for complications from the flu
   - Household contacts and out of home caregivers of children less than 6 months of age (these children are too young to be vaccinated)

For more information about the flu vaccine or flu clinics contact the Health Department at 610-278-5145.