## **Important Flu Facts?**

- □ <u>All people 6 months of age and older should</u> get vaccinated against seasonal flu every year.
- □ Children younger than 6 months are at <u>high risk</u> of serious flu illness but are too young to be vaccinated. People who care for them should be vaccinated instead.
- □ Vaccination is especially important for pregnant women and people with chronic diseases.
- □ The flu vaccine protects against several different flu viruses (strains). Flu vaccines are updated every year to better match the viruses circulating in the public.
- □ Getting the flu vaccine <u>cannot</u> give you the flu! The vaccine is made with inactive (killed) virus strains which are not infectious.
  - For additional information please visit our website at <u>www.ochd.org</u> or download a vaccine information statement at CDC.Gov/Vaccines/hcp/vis

(732) 341-9700 or (800) 342-9738 Ext. 7411 TTY (732) 831-6489



### **Protect Yourself from the Flu**

- Cover your mouth and nose with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wear a <u>facial coverings</u> when in the public.
- Wash your hands **often** with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- Avoid close contact with people who are sick.
- Stay home when you are sick.
- Avoid touching your eyes, nose or mouth.
- Get a flu shot every year.

### OCEAN COUNTY BOARD OF CHOSEN FREEHOLDERS

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# Seasonal Influenza and Pneumococcal Vaccination Sites

# The Flu Ends with U!

Influenza vaccinations are <u>with no out of</u> <u>pocket expense</u> to all **Ocean County Residents** 

Pneumonia Vaccinations available at each location.

Residents under the age of 65 years requesting A Pneumonia Vaccination will need a Physician prescription.

- ✓ Appointments are required for each person.
- ✓ Make yours today at www.OCHD.org

All sites open to residents 6 months of age and older.

10/15/20 **Thursday** Jackson Township Senior Center 45 Don Connor Blvd, Jackson

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10:00 AM - 2:00 PM

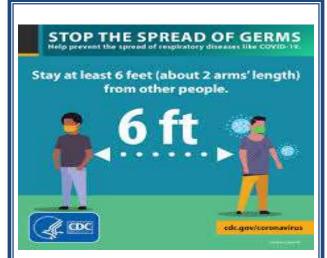
- 10/17/20 **Saturday** 10:00 AM 2:00 PM Toms River High School North (Gym) 1245 Old Freehold Road, Toms River
- 10/20/20 **Tuesday** Brick Senior Center/VFW Post 8867 373 Adamston Road, Brick
- 10/22/20 **Thursday** 10:00 AM 2:00 PM Ocean County Fire and EMS Training Center 200 Volunteer Way, Waretown
- 10/27/20 **Tuesday** 10:00 AM 2:00 PM Edward Thornton Community Center 319 West Calabreeze Way, Little Egg Harbor
- 10/29/20 **Thursday** 10:00 AM- 2:00 PM Stafford Recreation Center 25 Pine Street, Manahawkin

### **November**

- 11/5/20 **Thursday** Forked River Columbian Club 15 East Lacey Road, Forked River
- 11/7/20 **Saturday** 10:00 AM 2:00 PM Ocean County Fire and EMS Training Center 200 Volunteer Way, Waretown
- 11/10/20 **Tuesday** Jackson Township Senior Center 45 Don Connor Boulevard, Jackson
- 11/12/20 **Thursday** 10:00 AM 2:00 PM Stafford Recreation Center 25 Pine Street, Manahawkin
- 11/17/20 **Tuesday** 10:00 AM 2:00 PM Edward Thornton Community Center 319 West Calabreeze Way, Little Egg Harbor
- 11/19/20 **Thursday** 10:00 AM 2:00 PM Brick Senior Center/VFW Post 8867 373 Adamston Road, Brick
- 11/21/20 **Saturday** 10:00 AM 2:00 PM RWJ Barnabas Health Arena 1245 Old Freehold Road, Toms River
- 11/23/20 **Monday** 1:00 PM 5:00 PM Ocean County Fire and EMS Training Center 200 Volunteer Way, Waretown

#### December

12/1/20	<b>Tuesday</b> Forked River Columbian Club 15 East Lacey Road, Forked River	10:00 AM - 2:00 PM
12/3/20	Thursday Berkley Township (TBD)	10:00 AM - 12:00 PM
12/5/20	<b>Saturday</b> RWJ Barnabas Health Arena 1245 Old Freehold Road, Toms River	10:00 AM - 2:00 PM
12/8/20	<b>Tuesday</b> Edward Thornton Community Center 319 West Calabreeze Way, Little Egg H	2:00 PM - 6:00 PM Harbor
12/10/20	<b>Thursday</b> Ocean County Fire and EMS Training C 200 Volunteer Way, Waretown	10:00 AM - 2:00 PM Center
12/15/20	<b>Tuesday</b> Jackson Township Senior Center 45 Don Connor Boulevard, Jackson	10:00 AM - 2:00 PM
12/17/20	<b>Thursday</b> County Connection (Ocean County Mall 1201 Hooper Avenue, Toms River	4:00 PM - 7:00 PM )



Seasonal influenza viruses are believed to be transmitted from personto-person primarily through virus-laden droplets that are generated when infected persons speak, cough or sneezes.

These air droplets can be deposited into the respiratory tract when a person breaths or touches a contaminated surface (e.g., door knobs, cell phones or vehicle keys).

Persons who are near the droplet source are susceptible to transmission by direct and indirect contact with the infectious respiratory secretions, (e.g., by hands that subsequently deliver infectious material to the eyes, nose or mouth).