

**The Seasonal flu vaccine is recommended for:**

- Everyone 6 months of age and older
- All individuals 65 and older, the very young and those with special health conditions should also get a pneumococcal shot.

**At this time, the Livingston County Department of Health is offering the flu vaccine at the following scheduled public clinics:**

**February 7, 4 pm - 6 pm**

*Livingston County Department of Health  
2 Murray Hill Drive, Mt. Morris*

**February 21, 4 pm - 6 pm**

*American Legion/VFW Veterans Hall  
5480 East Avon Road, Avon*

**Is there a charge for the vaccine this year?**

Flu shots \$37.00

Pneumococcal \$80.00

Please bring all of your insurance cards with you to the clinic. Your insurance will be billed first; any balance remaining (ie, co-pay, non-covered charges, etc) will be billed to you, per your insurance policy. If you do not have insurance, you will be responsible for the charges. If you cannot afford to pay, arrangements can be made. **No one will be turned away because of inability to pay.**

**Is the vaccine safe?**

This year's vaccine will include both the H1N1 and seasonal flu components for your convenience. The seasonal flu vaccine is produced the same way each year- research indicates which strains will be most common during the upcoming season and those strains are put into the flu vaccine. The 2011-2012 flu vaccine will protect against 2009 H1N1, and two other influenza viruses (an H3N2 virus and an influenza B virus). About 2 weeks after vaccination, antibodies that provide protection against influenza virus infection develop in the body.

**Prevention is KEY!**

- Cover your nose and mouth with a tissue when you cough/sneeze and throw the tissue in the trash then wash your hands or use alcohol based hand cleanser.
- Wash your hands often with soap and water or alcohol based hand cleanser.
- Avoid touching your eyes, nose or mouth because this is how germs spread.
- Try to avoid close contact with sick people.
- If you are sick with the flu, avoid contact with people until at least 24 hours after your fever is gone (without use of any fever reducing medicine).
- Stay home from work or school if you are ill.
- **Get your flu shot!**



For more information regarding the seasonal flu or the flu vaccine please contact the Livingston County Department of Health at 243-7299.

