



## CLIFTON HEALTH DEPARTMENT

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900 Clifton Avenue  
Clifton, NJ 07013

# CLIFTON HEALTH DEPARTMENT TO OFFER SEASONAL FLU SHOTS

### For Immediate Release

September 17, 2019

**Contact: Layal Helwani**  
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[Clifton] - The Clifton Health Department will be offering seasonal flu vaccines beginning in October. The flu vaccine is effective for only one year, so note that last year's flu shot will not protect you this year. Flu vaccines are available to Clifton and Little Falls residents only. Consent forms will be available online at [www.cliftonnj.org](http://www.cliftonnj.org), the Clifton Health Department, Main Memorial Library and Allwood Library in Clifton, and the Little Falls Municipal Building. Bringing a completed consent form to a flu clinic should expedite your visit.

The seasonal quadrivalent flu vaccine offers protection against four (4) different strains of the flu virus. A limited number of "high-dose" trivalent flu vaccines will be available to those 65 years of age and older. The "high-dose" flu vaccine offers protection against three (3) strains of the flu, but is designed to give a bigger boost to the immune systems of those 65 years of age and older.

The standard flu clinics will be open to residents 6 years of age and older and **do not** require appointments. Standard flu clinics will be held at the Clifton Health Department Clinic located at 900 Clifton Ave., 2<sup>nd</sup> Floor, in Clifton on the following dates:

- **Wednesday, October 3<sup>rd</sup> from 11am-1pm**
- **Tuesday, October 8<sup>th</sup> from 11am-1pm**
- **Wednesday, October 9<sup>th</sup> from 2pm-4pm**
- **Thursday, October 10<sup>th</sup> from 11am-1pm**

- **Wednesday, October 16<sup>th</sup> from 10:30am-12:30pm**
- **Monday October 21<sup>st</sup> from 3pm-7pm**
- **Wednesday, October 23<sup>rd</sup> from 10:30am-12:30pm**
- **Wednesday, October 30<sup>th</sup> from 10:30am-12:30pm**

Standard flu clinics will also be held in Little Falls on the following dates and locations:

- **Monday, October 7<sup>th</sup> from 3:30pm-6:30pm at the Little Falls Municipal Building, 2nd floor-Conference Room, located at 225 Main St. in Little Falls**
- **Tuesday, October 22<sup>nd</sup> from 10:30am-12:00pm at the Little Falls Civic Center, located at 19 Warren St. in Little Falls**

Children 6 months through 5 years of age can be accommodated **by appointment only** through the Clifton Health Department's Children's Monthly Immunization Clinic. Please call 973-470-5770 to register in advance.

By law in New Jersey, children enrolled in daycare or preschool between the ages of 6 months to 59 months, who do not have documentation of a current flu shot by December 31<sup>st</sup>, 2019, must be excluded by their facility after December 31<sup>st</sup>, 2019 either until 3/31/20 (the official "end" of the flu season) or until documentation is provided.

Persons with **Medicare Part B** as their primary insurance who are not enrolled in an HMO can receive the flu vaccine for free. These individuals **MUST** bring their Medicare card for presentation at the clinic. In addition, children showing a Plan "A" Medicaid card or uninsured children may receive a flu vaccine at no cost. Individuals with an HMO, primary insurance other than Medicare part B, or no insurance will be asked to pay \$20 in cash or check for the flu vaccine. Clifton and Little Falls Board of Education employees will be asked to pay \$15 for the flu vaccine. The Clifton Health Department does not accept credit or debit cards. Medicaid or Food Assistance Programs will also not be accepted. If you are enrolled in these programs, you will be required to pay at the time of service. Homebound individuals who wish to receive a flu shot may call the Health Department at 973-470-5760 to set up an appointment.

It is especially critical 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 who are at high risk for developing flu-related complications:

1. Pregnant women
2. Children younger than 5, but especially children aged 6 months to 2 years

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, including:
  - a) Health care workers
  - b) Household contacts of persons at high risk for complications from the flu
  - c) Household contacts and out of home caregivers of children less than 6 months of age. These children are too young to be vaccinated.

Pregnant women should seek to get their flu shots directly through their private healthcare providers. In addition, people with allergies, particularly to eggs, should consult with their physician before getting vaccinated. If you have any questions regarding whether or not you should receive this vaccine, or if you are 65 or older and you have questions about which vaccine you should have, please consult with your private physician.

*The Clifton Health Department is a contractual health agency serving the Township of Little Falls.*

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