



CLIFTON HEALTH DEPARTMENT

900 Clifton Avenue
Clifton, NJ 07013

CLIFTON HEALTH DEPARTMENT TO OFFER SEASONAL FLU SHOTS FOR CLIFTON AND LITTLE FALLS RESIDENTS

For Immediate Release

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[Clifton] - The Clifton Health Department will be offering seasonal flu vaccines for residents 6 years of age and older, beginning this month. The flu vaccine is effective for only one year, so please keep in mind that last year's flu shot will not protect you this year. Flu vaccines are available to Clifton and Little Falls residents only.

The cost of the vaccine is \$20.00. Individuals 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.

Consent forms will be available at the flu clinic location.

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

Appointments are encouraged, but not required. To make an appointment, please call 973-470-5760.

Clinics will be held at Clifton City Hall (900 Clifton Ave., Clifton, NJ 07013) on the following days and times:

- **Wednesday, October 12th from 9:00am-12:00pm**
- **Wednesday, October 26th from 1:00pm-4:00pm**

Clinics will be held at the City of Clifton Satellite Office (207 Parker Ave., Clifton, NJ 07011) on the following days and times:

- **Tuesday, October 25th from 3:00pm-6:00pm**
- **Tuesday November 15th from 1:00pm-3:30pm**

An additional clinic will be held at the Township of Little Falls Municipal Building (225 Main St. ,1st Fl, Little Falls, NJ 07424) on October 24th from 3:00pm-6:00pm.

For more information, please call the Clifton Health Department at 973-470-5760.

The flu is caused by viruses that infect your nose, throat, and lungs. It is easily spread from person-to-person when someone with the flu coughs, sneezes, or talks. It is also possible to get the flu by touching a surface or object that has the flu virus on it, and then touching your mouth, nose, or eyes. Anyone can get the flu, even those that are healthy. However, some people are at high-risk of developing serious complications if they are sick with the flu, including: children under 5 years old, adults 65 years of age or older, pregnant women, and people with chronic health conditions (asthma, diabetes, or weakened immune systems).

The best actions you can take to protect yourself are to get the yearly flu vaccine and to practice healthy habits, such as covering coughs and sneezes with a tissue or upper sleeve, washing your hands often, avoiding sick people, and cleaning commonly touched objects and surfaces.

The Clifton Health Department encourages the community to stay safe this flu season!

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

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