

**Ocean County Health Department  
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FOR IMMEDIATE RELEASE**

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## **SEASONAL FLU SHOT CLINICS CONTINUE THROUGH FEBRUARY**

Ocean County Freeholder Director Gerry P. Little, Liaison to the Ocean County Board of Health, said, "Although there has been little flu activity so far this year in New Jersey, it is still early in the season." He continued, "Flu has been seen in other states and it is just a matter of time until we see confirmed cases throughout New Jersey. We are aware of how contagious influenza is but the Ocean County Health Department wants you to know that seasonal flu shots are still available to anyone over the age of 6 months. In addition, now that we have entered the New Year, all children under the age of 60 months who attend a licensed childcare center or preschool facility need to have had their seasonal flu shot. If not, children may be excluded from the facility."

The Ocean County Health Department will continue to provide seasonal flu and pneumonia shots through the end of February. Daniel E. Regenye, OCHD Public Health Coordinator, said, "We will be holding flu shot clinics every Thursday, from 4-6PM, alternating between our Toms River main site at 175 Sunset Avenue, and the Ocean County Health Department Southern Site at 333 Haywood Road, Manahawkin. The dates and sites are as follows:

2/2/12	4pm – 6pm	333 Haywood Road, Manahawkin
2/9/12	4pm – 6pm	175 Sunset Avenue, Toms River
2/16/12	4pm – 6pm	333 Haywood Road, Manahawkin
2/23/12	4pm – 6pm	175 Sunset Avenue, Toms River

Flu shots and pneumonia shots are covered by non-HMO Medicare Part B, otherwise each shot costs \$20. If you are under the age of 65 and requesting a pneumonia shot, you need to bring a note or prescription from your physician to receive the shot. Flu vaccines are at no cost for those on Medicaid, other public assistance programs and others who may qualify."

Regenye said, "Influenza or "flu" is a highly contagious viral respiratory illness that spreads through droplets when those who are infected cough, sneeze, or talk. Symptoms of the flu are usually more severe than the common cold, with fever, chills, headaches, muscle aches, cough, sore throat, fatigue, nausea, or vomiting. Toddlers and younger children are more vulnerable to the flu as their immune systems are less mature. This puts them at a much higher risk of contracting flu complications such as ear infections, bronchitis, or pneumonia. The flu can also make chronic health problems worse. For example, people with asthma may experience asthma attacks while they have the flu. Flu can cause serious illness and may even lead to death if left untreated."

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Leslie Terjesen, Ocean County Health Department Public Information Officer, said that the Health Department continues to stress prevention methods to avoid getting and spreading the flu, which include washing your hands with soap and water, covering coughs and sneezes and staying home when sick.

If you have any questions about the flu or pneumonia shot or need directions, please call 732-341-9700, ext. 7502. Directions may also be found by visiting our website at [www.ochd.org](http://www.ochd.org).

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