

# Carroll County Health Department

**Edwin F. Singer, L.E.H.S.**  
**Health Officer**

**Henry G. Taylor, M.D., M.P.H.**  
**Deputy Health Officer**



**Public Health**  
Prevent. Promote. Protect.

**290 South Center Street**  
**Westminster, Maryland 21157**

Main: 410-876-2152

FAX: 410-876-4988

Toll-Free: 800-966-3877

Website: [cchd.maryland.gov](http://cchd.maryland.gov)

## FOR IMMEDIATE RELEASE

### **Health Department Holds Free Flu Vaccine Clinics for Children; Adults Can Also Get Flu Vaccine**

Westminster, MD (January 31, 2018) – The flu is currently widespread and occurring at high levels across the United States, including Maryland. The H3N2 virus is causing many flu cases this year and this strain of flu is associated with more severe illness.

It's not too late to get a flu shot if you or your child has not already gotten one. The flu vaccine this year may not be as effective against the H3N2 virus, but it can still provide some protection and reduce illness and flu complications. Also, the vaccine is expected to be more effective against other types of the flu, like Influenza B, that circulate later in the flu season. The flu vaccine is made from an inactivated virus and cannot give you the flu.

Flu vaccination is extremely important for those at high risk of flu complications. These groups include: children under 5 years old and especially those under 2 years old, adults over 65, people with certain medical conditions, pregnant women and women up to two weeks post-partum, residents of long-term care facilities, and American Indians and Alaskan natives.

The Carroll County Health Department will hold FREE walk-in flu vaccine clinics (shots only) for children 6 months-18 years of age on:

<b>Friday, February 2<sup>nd</sup></b>	<b>1:00-3:00 PM</b>
<b>Monday, February 5<sup>th</sup></b>	<b>1:00-3:00 PM</b>
<b>Wednesday, February 7<sup>th</sup></b>	<b>4:00-7:00 PM</b>
<b>Friday, February 9<sup>th</sup></b>	<b>1:00-3:00 PM</b>
<b>Monday, February 12<sup>th</sup></b>	<b>1:00-3:00 PM</b>
<b>Wednesday, February 14<sup>th</sup></b>	<b>4:00-7:00 PM</b>
<b>Friday, February 16<sup>th</sup></b>	<b>1:00-3:00 PM</b>

All clinics will be held at the Health Department, 290 South Center Street, Westminster, MD.

No appointment is needed.

Children ages 6 months through 8 years who have never had a flu vaccine in any prior year should have two doses of flu vaccine. There must be a minimum of four weeks between the two doses. Children with egg allergies can be vaccinated at this clinic, unless they have severe allergies, in which case they should see their health care provider.

Adults may also get a flu shot at the Health Department during business hours. The cost will be based on a sliding scale; no one will be turned away.

Children and adults may also get their flu vaccination from their primary care provider, urgent care clinics, or, for ages 9 and up, many pharmacies. For a list of area locations offering flu vaccinations, go to the Health Department's flu page at <http://cchd.maryland.gov/flu/>. Call ahead to make sure the flu vaccine is available and that the facility accepts your insurance.

To prevent the spread of flu:

- Get the flu shot.
- Wash your hands often.
- Avoid close contact with sick people.
- Stay home if you are sick – protect others.
- Learn more about flu prevention and care at [www.cdc.gov/flu/index.htm](http://www.cdc.gov/flu/index.htm)

Check the Health Department website [cchd.maryland.gov/flu](http://cchd.maryland.gov/flu) and Facebook page or call 410-876-4900 for additional information.

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Maria Carr, 410-876-4900, [maria.carr@maryland.gov](mailto:maria.carr@maryland.gov)

Carroll County Health Department, 290 South Center Street, Westminster, MD 21157