



Public Health
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Frederick County Health Department

News Release

CONTACT: Darlene Armacost
Public Information Representative
Public Health Nursing
301-600-3363
TTY: Use Maryland Relay
DArmacost@FrederickCountyMD.gov

FOR IMMEDIATE RELEASE:

OCTOBER 16, 2017

GET YOUR CHILD'S FREE FLU VACCINATION AT ONE OF THE FREDERICK COUNTY HEALTH DEPARTMENT'S FLU VACCINATION CLINICS

FREDERICK, MD -- The Frederick County Health Department (FCHD) will host free flu vaccination clinics for children 6 months – 17 years of age. Only the injectable (the shot) will be available. The clinics will be held at FCHD – 350 Montevue Lane, Frederick MD. This is made possible through a grant from the Maryland Department of Health. FCHD does not have available flu vaccine for adults 18 years of age and older. Adults are advised to contact their healthcare provider or obtain a flu vaccine at one of the many locations in the community such as pharmacies and grocery stores.

An appointment is required to receive a flu vaccine at these clinics. There are two ways to make an appointment: online at www.frederickcountymd.gov/flu or by phone at 1-877-419-3409. The clinics will be held on:

- Saturday, October 21, 2017 from 9am-12pm
- Tuesday, October 24, 2017 from 6pm-7:30pm
- Thursday, October 26, 2017 from 6pm-7:30pm

Getting your flu vaccine is the best way to prevent getting the flu and possible complications from flu. Symptoms of the flu include fever, headache, cough,

– MORE –

Barbara A. Brookmyer, M.D., M.P.H. ▪ Health Officer

350 Montevue Lane ▪ Frederick, MD 21702

Phone: 301-600-1029 ▪ Fax: 301-600-3111 ▪ MD TTY: 1-800-735-2258





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fatigue, chills and body aches. People most susceptible to the flu and its complications include:

- Children younger than 5 years of age
- People 65 years of age and older
- Pregnant women
- People with health issues such as asthma, diabetes and heart disease
- People who take medication that weaken the immune system such as chemotherapy

If you have the flu or to prevent from getting the flu, you can also do the following:

- Cover your cough and sneeze with your arm or use a tissue and wash your hands
- Wash your hands with soap and water. If not available, use a hand sanitizer
- Avoid touching your eyes, nose and mouth
- Avoid being around sick people
- Stay home from school or work if you are sick until you are free of a fever for 24 hours
- Contact your healthcare provider if you are sick

To learn more about flu or flu vaccination clinics please call the FCHD Flu Information Line, 301-600-3035, or visit our website at www.frederickcountymd.gov/flu. Additional information about flu can be found at the Centers for Disease Control and Prevention at www.cdc.gov/flu.

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