



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

Frederick County Health Department

# News Release

**CONTACT: Darlene Armacost**  
**Public Information Representative**  
**Public Health Nursing**  
**Phone: 301-600-3363**  
**TTY: 800-735-2258**  
**[DArmacost@FrederickCountyMD.gov](mailto:DArmacost@FrederickCountyMD.gov)**

**FOR IMMEDIATE RELEASE:**

**OCTOBER 3, 2018**

## **FREE FLU VACCINATION CLINIC FOR CHILDREN AT FREDERICK COUNTY HEALTH DEPARTMENT**

**FREDERICK, MD** -- The Frederick County Health Department (FCHD) will host three free flu vaccination clinics for children ages 6 months to 17 years. Both the injectable (the shot) and intranasal FluMist® vaccines will be available. The free vaccine is provided by the Maryland Department of Health. An appointment is required to obtain a flu vaccine.

There are two ways to make an appointment:

- Online at [www.frederickcountymd.gov/flu](http://www.frederickcountymd.gov/flu) - the appointment system will open on October 11, 2018
- Call 1-877-419-3409

The clinics will be held at the Frederick County Health Department, 350 Montevue Lane, Frederick, MD 21702. Clinic dates and times will be:

- Saturday, October 20, 2018 from 9am-12:30pm
- Tuesday, October 23, 2018 from 6pm-7:30pm
- Thursday, October 25, 2018 from 6pm-7:00pm

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. Visit <https://vaccinefinder.org/> to find flu vaccinations in your zip code.

– MORE –



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

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350 Montevue Lane ▪ Frederick, MD 21702  
Phone: 301-600-1029 ▪ Fax: 301-600-3111 ▪ MD TTY: 1-800-735-2258





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Getting your flu vaccine is the best way to prevent getting the flu and possible complications from flu. Symptoms of the flu usually start suddenly and include fever, cough, sore throat, runny nose, muscle aches, headache, and fatigue.

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 medications that weaken the immune system such as chemotherapy

If you have the flu, you should:

- Stay home from school or work if you are sick until you are free of a fever for 24 hours **without taking medication to lower the fever**
- Contact your healthcare provider for anti-viral medication – **call your healthcare provider before going to the office as they may give you special instructions**
- Cover your cough and sneeze with a tissue or your arm, and wash your hands

If you are currently healthy, you can protect yourself if you:

- Get vaccinated!
- Avoid being around sick people
- Wash your hands with soap and water, or if not available, use hand sanitizer
- Avoid touching your eyes, nose and mouth

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](http://www.frederickcountymd.gov/flu). Additional information about flu can be found at the Centers for Disease Control and Prevention at [www.cdc.gov/flu](http://www.cdc.gov/flu).

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