

Middle-Brook Regional Health Commission

111 Greenbrook Road
Green Brook, NJ 08812
Kevin G. Sumner, Health Officer/Director

www.middlebrookhealth.org

732-968-5151 x 1
732-968-5331 (fax)
mbrhc@middlebrookhealth.org (e-mail)

PRESS RELEASE

The flu vaccine reduces the incidence of illness in the community. The Centers for Disease Control and Prevention (CDC) recommends that everyone over six months of age get a flu vaccine each year, but it is especially important that certain people get vaccinated either because they are at high risk of having serious flu-related complications or because they live with or care for people at high risk for developing flu-related complications.

For example, the following groups are at particular risk:

- Pregnant women
- People 50 years of age and older
- People of any age with certain chronic medical conditions
- People who live in nursing homes and other long-term care facilities
- People who live with or care for those at high risk for complications from flu, including:
 - Health care workers
 - Household contacts of persons at high risk for complications from the flu
 - Household contacts and out of home caregivers of children less than 6 months of age (these children are too young to be vaccinated)

The Middle-Brook Regional Health Commission will be offering a public flu clinic on **Wednesday, October 1, 2014 from 12:30 pm to 1:30 pm at Our Lady of the Mount Catholic Church in Warren**. Medicare Part B and most other insurances will be accepted. For those whose insurance we cannot accept the cost is \$20.00. Please contact the health department at 732-968-5151 if you have any questions.

You can also search for clinics throughout the State at:

<http://www.nj.gov/health/flu/findflushot.shtml>



Public Health
Prevent. Promote. Protect.
MIDDLE-BROOK REGIONAL
HEALTH COMMISSION