

Important Flu Facts?

- ❑ **All people 6 months of age and older should get vaccinated against seasonal flu every year.**
- ❑ Children younger than 6 months are at high risk of serious flu illness but are too young to be vaccinated. People who care for them should be vaccinated instead.
- ❑ Vaccination is especially important for pregnant women and people with chronic diseases.
- ❑ The flu vaccine protects against several different flu viruses (strains). Flu vaccines are updated every year to better match the viruses circulating in the public.
- ❑ Getting the flu vaccine cannot give you the flu! The vaccine is made with inactive (killed) virus strains which are not infectious.

For additional information please visit our website at www.ochd.org or download a vaccine information statement at CDC.Gov/Vaccines/hcp/vis

**(732) 341-9700 or (800) 342-9738 Ext. 7411
TTY (732) 831-6489**



Public Health
Prevent. Promote. Protect.

October

Protect Yourself from the Flu

- Cover your mouth and nose with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wear a facial coverings when in the public.
- Wash your hands **often** with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- Avoid close contact with people who are sick.
- Stay home when you are sick.
- Avoid touching your eyes, nose or mouth.
- Get a flu shot every year.

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**Ocean
County
Health
Department**

2020

Seasonal Influenza and Pneumococcal Vaccination Sites

The Flu Ends with U!

Influenza vaccinations are with no out of pocket expense to all **Ocean County Residents**

Pneumonia Vaccinations available at each location.

Residents under the age of 65 years requesting A Pneumonia Vaccination will need a Physician prescription.

- ✓ Appointments are required for each person.
- ✓ Make yours today at www.OCHD.org

**All sites open to residents
6 months of age and older.**

10/15/20 **Thursday** 10:00 AM - 2:00 PM
Jackson Township Senior Center
45 Don Connor Blvd, Jackson

10/17/20 **Saturday** 10:00 AM - 2:00 PM
Toms River High School North (Gym)
1245 Old Freehold Road, Toms River

10/20/20 **Tuesday** 10:00 AM - 2:00 PM
Brick Senior Center/VFW Post 8867
373 Adamston Road, Brick

10/22/20 **Thursday** 10:00 AM - 2:00 PM
Ocean County Fire and EMS Training Center
200 Volunteer Way, Waretown

10/27/20 **Tuesday** 10:00 AM - 2:00 PM
Edward Thornton Community Center
319 West Calabreeze Way, Little Egg Harbor

10/29/20 **Thursday** 10:00 AM - 2:00 PM
Stafford Recreation Center
25 Pine Street, Manahawkin

November

11/5/20 **Thursday** 10:00 AM - 2:00 PM
Forked River Columbian Club
15 East Lacey Road, Forked River

11/7/20 **Saturday** 10:00 AM - 2:00 PM
Ocean County Fire and EMS Training Center
200 Volunteer Way, Waretown

11/10/20 **Tuesday** 10:00 AM - 2:00 PM
Jackson Township Senior Center
45 Don Connor Boulevard, Jackson

11/12/20 **Thursday** 10:00 AM - 2:00 PM
Stafford Recreation Center
25 Pine Street, Manahawkin

11/17/20 **Tuesday** 10:00 AM - 2:00 PM
Edward Thornton Community Center
319 West Calabreeze Way, Little Egg Harbor

11/19/20 **Thursday** 10:00 AM - 2:00 PM
Brick Senior Center/VFW Post 8867
373 Adamston Road, Brick

11/21/20 **Saturday** 10:00 AM - 2:00 PM
RWJ Barnabas Health Arena
1245 Old Freehold Road, Toms River

11/23/20 **Monday** 1:00 PM - 5:00 PM
Ocean County Fire and EMS Training Center
200 Volunteer Way, Waretown

December

12/1/20 **Tuesday** 10:00 AM - 2:00 PM
Forked River Columbian Club
15 East Lacey Road, Forked River

12/3/20 **Thursday** 10:00 AM - 12:00 PM
Berkley Township (TBD)

12/5/20 **Saturday** 10:00 AM - 2:00 PM
RWJ Barnabas Health Arena
1245 Old Freehold Road, Toms River

12/8/20 **Tuesday** 2:00 PM - 6:00 PM
Edward Thornton Community Center
319 West Calabreeze Way, Little Egg Harbor

12/10/20 **Thursday** 10:00 AM - 2:00 PM
Ocean County Fire and EMS Training Center
200 Volunteer Way, Waretown

12/15/20 **Tuesday** 10:00 AM - 2:00 PM
Jackson Township Senior Center
45 Don Connor Boulevard, Jackson

12/17/20 **Thursday** 4:00 PM - 7:00 PM
County Connection (Ocean County Mall)
1201 Hooper Avenue, Toms River



STOP THE SPREAD OF GERMS
Help prevent the spread of respiratory diseases like COVID-19.

Stay at least 6 feet (about 2 arms' length) from other people.

6 ft

cdc.gov/coronavirus

Seasonal influenza viruses are believed to be transmitted from person-to-person primarily through virus-laden droplets that are generated when infected persons speak, cough or sneezes.

These air droplets can be deposited into the respiratory tract when a person breaths or touches a contaminated surface (e.g., door knobs, cell phones or vehicle keys).

Persons who are near the droplet source are susceptible to transmission by direct and indirect contact with the infectious respiratory secretions, (e.g., by hands that subsequently deliver infectious material to the eyes, nose or mouth).