



News Release

FOR IMMEDIATE RELEASE

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Cumberland County Public Health Department
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Health Department Offers Free Flu Shots

FAYETTEVILLE – The Cumberland County Department of Public Health is offering free flu shots for uninsured Cumberland County citizens. The Health Department encourages everyone to protect themselves and their families by getting immunized against the flu.

Individuals who are covered by Medicare, Medicaid, N.C. Health Choice or Blue Cross Blue Shield will not incur any cost as the insurance for these programs will be filed. For those who have insurance other than these programs, the cost is \$42 for a regular flu shot and \$49 for Flumist. A high-dose flu vaccine, designed specifically for individuals 65 years and older, is available for \$62.

Clinic hours for flu vaccine are Monday-Thursday 8 a.m. until 12 noon and 1 pm until 4:00 pm.

While flu can have serious implications even for otherwise healthy people, complications from flu are most common among very young children and people over 50, as well as people with chronic health conditions and pregnant women.

Children who meet the “Vaccine For Children” program guidelines would be able to receive the vaccine free of charge. The program covers children on Medicaid; those who have no health insurance or their health insurance does not cover vaccines; or those who are American Indian or Alaskan natives.

While the flu vaccine is not a guarantee against contracting the virus that causes the flu, it is just one of several ways to help prevent the flu and other illnesses. You can prevent the flu by:

- Covering coughs and sneezes with a tissue and then discarding the tissue promptly.
- Washing hands frequently with soap and water or, if soap is not available, with an approved hand sanitizer.
- Staying home when you are sick. Stay home until you are fever free for at least 24 hours.
- Avoid touching your eyes, nose and mouth, as this spreads germs.

The Health Department is at 1235 Ramsey Street. For more information, contact the immunization clinic at 433-3658.

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