



News Release

FOR IMMEDIATE RELEASE

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Department of Public Health

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Health Department Offers Flu Shots For Adults And Children

FAYETTEVILLE – The Cumberland County Department of Public Health is offering flu shots to children and adults. Free flu shots are available to uninsured children six months to 18 years old. Individuals with insurance may receive a flu shot at no out-of-pocket cost if they have Medicare, Medicaid, North Carolina Health Choice or Blue Cross Blue Shield.

Hours at the Health Department's Immunizations Clinic are Monday through Thursday from 8 a.m. until 5 p.m., Tuesday until 7 p.m. and Friday from 8 a.m. until 12 p.m. Friday afternoon service is limited and available by appointment only. Patients arriving late in the day should report to the Immunizations Clinic at least 30 minutes prior to closing time to allow time for registration.

The Health Department is located at 1235 Ramsey St. For more information, call the Immunizations Clinic at 910-433-3633 or 910-433-3657.

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

"Flu can be a serious illness, especially for those who are very young, the elderly or people with chronic illness," School Health and Immunizations Coordinator Pamela James said. "We recommend everyone over the age of 6 months get a flu shot."

In addition to vaccinations, you can prevent flu and other illnesses by:

- Covering coughs and sneezes with a tissue and then discarding the tissue properly.
- Washing hands frequently with soap and water or, if 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.

If you would like more information about the Cumberland County Department of Public Health's programs and services, health-related data, or community resources, please call 910-433-3600 or visit with someone at the information desk, or visit our website at co.cumberland.nc.us/health.aspx#. Comments are welcome and can be submitted on our website at co.cumberland.nc.us/health/comment_form.aspx. The Health Department is located at 1235 Ramsey St. in Fayetteville.