

Ocean County Health Department Influenza and Pneumococcal Vaccination Sites and Times

It's Not Too Late! The Flu Ends with U!

Flu shots are being provided FREE for all Ocean County residents for the remainder of the 2017-18 Influenza Season.

Everyone 6 months of age and older should get vaccinated against seasonal Flu every year. The flu vaccines offered at the OCHD Flu Clinics this year will target four different flu viruses (strains); high dose flu vaccine targets three different flu viruses (strains)

**OCHD Northern Site (Lakewood)
1771 Madison Avenue**

3/9/18	Friday	1:30PM-3:30PM
3/21/18	Wednesday	5:00PM-7:00PM

**OCHD Southern Site (Stafford)
333 Haywood Road**

2/22/18	Thursday	4:00PM-6:00PM
3/8/18	Thursday	4:00PM-6:00PM
3/22/18	Thursday	4:00PM-6:00PM

OCHD Main Site (Toms River)- 175 Sunset Avenue

2/15/18	Thursday	1:00PM-3:00PM	3/13/18	Tuesday	9:00AM-1:00PM
3/1/18	Thursday	1:00PM-3:00PM	3/15/18	Thursday	1:00PM-3:00PM
3/5/18	Monday	4:00PM-7:00PM	3/19/18	Monday	4:00PM-7:00PM

Toms River High School North - 1245 Old Freehold Rd

2/21/18 Wednesday 4:00PM-7:00PM

Things You Can Do To Protect Yourself and Your Family

The OCHD recommends that you take every day preventive actions to protect yourself and your family against the flu and other illnesses.

- Get vaccinated.
- Contact your doctor if you're sick as you may need antiviral medication.
- Stay away from others who are sick.
- Cover coughs and sneezes.
- Wash your hands often to avoid spreading the flu.
- Stay home until your fever is gone for at least 24 hours.

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Public Health
Prevent. Promote. Protect.