

What's New with Seasonal Flu?

- **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 “regular” and “intradermal” flu vaccines offered at the OCHD Flu Clinics protect you against four different flu viruses (strains).
- **Three (3) Choices of Flu vaccine are available from OCHD:**
 1. “Regular” dose injection in the muscle for all people 6 months of age and older
 2. “High-dose” injection in the muscle for people 65 years of age and older
 3. “Intradermal” injection into the skin for people 18-64 years of age

For additional information please visit our website at www.ochd.org or pick up a vaccine information statement at any flu clinic.

(732) 341-9700 or (800) 342-9738 Ext. 7604
TTY (732) 831-6489



Public Health
Prevent. Promote. Protect.

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.
- 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 your flu shot every year.

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2016



**Ocean
County
Health
Department**

Seasonal Influenza and Pneumococcal Vaccination Sites

The Flu Ends with U!

Influenza and Pneumonia vaccinations are free if enrolled in Medicare Part B.

If not enrolled in Medicare Part B, or you have a Medicare Managed Care Plan, the cost will be \$20.00 (cash or check).

- ✓ Three Choices of Flu Vaccine Available (see inside page)
- ✓ Residents under the age of 65 years need a doctor's recommendation for pneumonia vaccination.
- ✓ No registration is required.

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

Barnegat

9/29/16 Thursday 5:00 PM - 7:00 PM
Barnegat Library
112 Burr Street

10/19/16 Wednesday 10:00 AM - 12:00 PM
Brighton at Barnegat Clubhouse
35 Brighton Rd*

Bay Head

10/1/16 Saturday 10:00 AM - 12:00 PM
Bay Head Fire Department
81 Bridge Ave*

Beachwood

10/21/16 Friday 10:00 AM - 12:00 PM
Beachwood Community Center
147 Compass Ave

Berkeley

10/28/16 Friday 10:00 AM - 12:00 PM
Berkeley Township Municipal Building
627 Pinewald Keswick Rd

Berkeley-TR

9/14/16 Wednesday 10:00 AM - 12:00 PM
Holiday City Carefree - Clubhouse
98 Bananier Dr*

9/23/16 Friday 10:00 AM - 12:00 PM
Silver Ridge Park West - Clubhouse West
145 Westbrook Dr

10/5/16 Wednesday 10:00 AM - 12:00 PM
Holiday City West - Clubhouse
45 Cabrillo Blvd

10/11/16 Tuesday 10:00 AM - 12:00 PM
Holiday City South - Clubhouse South
139 Santiago Dr

Brick

9/28/16 Wednesday 10:00 AM - 12:00 PM
Princeton Commons - Clubhouse
71 Brushy Neck Dr

10/2/16 Sunday 10:00 AM - 12:00 PM
Brick Presbyterian Church - Family Life Center
111 Drum Point Rd

10/4/16 Tuesday 10:00 AM - 12:00 PM
Lions Head North Clubhouse
200 Courtshire Dr *

Jackson

9/20/16 Tuesday 10:00 AM - 12:00 PM
Greenbriar Winding Ways - Community Clubhouse
81 N. Baker Dr

11/1/16 Tuesday 10:00 AM - 12:00 PM
Melvin Cottrell Center
45 Don Connor Blvd

Lacey

9/29/16 Thursday 10:00 AM - 12:00 PM
The Church of Saint Pius X
300 Lacey Rd

Lakewood

9/24/16 Saturday 12:00 PM - 4:00 PM
New Life Christian Center - 211 East 4th St*

9/26/16 Monday 11:00 AM - 1:00 PM
Eleanor Levovitz Senior Apts. - 500 Clifton Ave

11/2/16 Wednesday 5:00 PM - 7:00 PM
Lakewood Library - 301 Lexington Ave

Lavallette

10/20/16 Thursday 10:00 AM - 12:00 PM
Lavallette First Aid Squad Building
Bay Blvd & Washington Ave

Little Egg Harbor

9/19/16 Monday 10:00 AM - 12:00 PM
Little Egg Harbor Twp. Community Center
319 W. Calabreeze Way

Manchester

9/13/16 Tuesday 10:00 AM - 12:00 PM
Crestwood 2 Harmony Hall - 470 Route 530

9/15/16 Thursday 10:00 AM - 12:00 PM
Cedar Glen Lakes Lakeside Hall - 100 Michigan Ave

10/7/16 Friday 10:00 AM - 12:00 PM
Whiting United Methodist Church - 55 Lacey Rd

10/19/16 Wednesday 1:00 PM - 3:00 PM
Cedar Glen West Recreation Hall - Robin Ln

10/25/16 Tuesday 10:00 AM - 12:00 PM
Cedar Glen Homes - Recreation Hall
1848 Ridgeway Rd

Ocean Gate

10/21/16 Friday 1:00 PM - 3:00 PM
Ocean Gate Municipal Building - 801 Ocean Gate Ave

Ocean Twp.

10/14/16 Friday 10:00 AM - 12:00 PM
Ocean Twp Community Center - 239 11th St

Plumsted

9/21/16 Wednesday 10:00 AM - 12:00 PM
Plumsted Township Municipal Building
121 Evergreen Rd

10/19/16 Wednesday 5:00 PM - 7:00 PM
Plumsted Library - 119 New Egypt Allentown Rd

Point Pleasant

10/13/16 Thursday 10:00 AM - 12:00 PM
Senior Beehive at St. Martha's Church
3800 Herbertsville Rd

10/25/16 Tuesday 3:00 PM - 5:00 PM
Point Pleasant Library - 834 Beaver Dam Rd

Seaside Park

10/26/16 Wednesday 1:00 PM - 3:00 PM
Tri-Boro First Aid - 61 J Street

Stafford

9/27/16 Tuesday 1:00 PM - 3:00 PM
Ocean Acres Comm. Center - 489 Nautilus Dr

10/5/16 Wednesday 5:00 PM - 7:00 PM
Stafford Library - 129 Main St (Route 9)

10/24/16 Monday 10:00 AM - 12:00 PM
Fawn Lakes Clubhouse - 6 Sycamore Rd

10/26/16 Wednesday 10:00 AM - 12:00 PM
Southern Ocean Resource Center
179 S Main St. (Route 9)

Toms River

9/15/16 Thursday 10:00 AM - 12:00 PM
County Connection (Ocean County Mall) - 1201 Hooper Ave*

9/29/16 Thursday 1:00 PM - 3:00 PM
Shenandoah Commons - 2405 Mt. Hood Ln

10/6/16 Thursday 10:00 AM - 12:00 PM
Toms River Senior Center - 652 Garfield Ave

10/12/16 Wednesday 5:00 PM - 7:00 PM
Toms River Library - Green Room - 101 Washington St

10/13/16 Thursday 10:00 AM - 12:00 PM
County Connection (Ocean County Mall) - 1201 Hooper Ave*

10/18/16 Tuesday 1:00 PM - 3:00 PM
Ocean County College – Student Center

11/3/16 Thursday 10:00 AM - 12:00 PM
St. Justin's Church - 975 Fischer Blvd

11/17/16 Thursday 10:00 AM - 12:00 PM
County Connection (Ocean County Mall) - 1201 Hooper Ave*

Tuckerton

10/18/16 Tuesday 10:00 AM - 12:00 PM
Tuckerton Seaport, Hunting Shanty - 120 W Main St

**Flu / Pneumonia Clinics at the
Ocean County Health Department (OCHD)**

OCHD Northern Site (Lakewood) – 1771 Madison Ave

10/7/16 Friday 1:30 PM - 3:30 PM
10/20/16 Thursday 5:00 PM – 7:00 PM
10/28/16 Friday 1:30 PM - 3:30 PM

OCHD Southern Site (Stafford) – 333 Haywood Rd

9/22/16 Thursday 4:00 PM - 6:00 PM
10/13/16 Thursday 4:00 PM - 6:00 PM
10/27/16 Thursday 4:00 PM - 6:00 PM
11/10/16 Thursday 4:00 PM - 6:00 PM

OCHD Main Site (Toms River) – 175 Sunset Ave

9/15/16 Thursday 1:00 PM - 3:00 PM
9/19/16 Monday 4:00 PM - 7:00 PM
10/3/16 Monday 4:00 PM - 7:00 PM
10/6/16 Thursday 1:00 PM - 3:00 PM
10/17/16 Monday 4:00 PM - 7:00 PM
10/20/16 Thursday 1:00 PM - 3:00 PM
11/3/16 Thursday 1:00 PM - 3:00 PM
11/7/16 Monday 4:00 PM - 7:00 PM
11/17/16 Thursday 1:00 PM - 3:00 PM

* Clinic sites offering Live Healthy Ocean County! chronic disease screening services (i.e. blood pressure, stroke risk, osteoporosis, TDAP, shingles, BMI)