

## 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” flu vaccine protects you against four different flu viruses (strains).
- **Two (2) 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

For additional information please visit our website at [www.ochd.org](http://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



## 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.

### OCEAN COUNTY

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# 2018

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).**

- ✓ Two 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**

10/3/18 Wednesday 10:00 AM - 12:00 PM  
Brighton at Barnegat – Clubhouse  
35 Brighton Rd  
11/9/18 Friday 5:00 PM - 7:00 PM  
Barnegat Library  
112 Burr Street

**Bay Head**

9/29/18 Saturday 8:00 AM - 12:00 PM  
Bay Head Fire Department  
81 Bridge Ave\*

**Beachwood**

10/19/18 Friday 10:00 AM - 12:00 PM  
Borough of Beachwood - Community Center  
147 Compass Ave\*

**Berkeley**

10/2/18 Tuesday 5:00 PM - 7:00 PM  
Berkeley Library  
30 Station Rd

**Berkeley-TR**

9/26/18 Wednesday 10:00 AM - 12:00 PM  
Holiday City Carefree- Clubhouse  
98 Bananier Dr\*

10/2/18 Tuesday 9:00 AM - 12:00 PM  
Holiday City South - Clubhouse South  
139 Santiago Dr

10/3/18 Wednesday 11:00 AM - 2:00 PM  
Holiday City West - Clubhouse  
45 Cabrillo Blvd\*

10/26/18 Friday 10:00 AM - 12:00 PM  
Silver Ridge Park West - Clubhouse West  
145 Westbrook Dr

**Brick**

10/7/18 Sunday 10:00 AM - 12:00 PM  
Brick Presbyterian Church - Family Life Center  
111 Drum Point Rd\*

10/23/18 Tuesday 10:00 AM - 12:00 PM  
Lions Head North- Clubhouse  
200 Courtshire Dr

**Jackson**

10/16/18 Tuesday 10:00 AM - 12:00 PM  
Melvin Cottrell Center  
45 Don Connor Blvd

10/23/18 Tuesday 10:00 AM - 12:00 PM  
Greenbriar Winding Ways - Community Clubhouse  
81 N. Baker Dr

**Lacey**

10/4/18 Thursday 10:00 AM - 12:00 PM  
The Church of Saint Pius X  
300 Lacey Rd\*

**Lakewood**

9/29/18 Saturday 12:30 PM - 4:30 PM  
New Life Christian Center  
211 East 4<sup>th</sup> St\*

10/10/18 Wednesday 5:00 PM - 7:00 PM  
Lakewood Library  
301 Lexington Ave

**Lavallette**

10/25/18 Thursday 10:00 AM - 12:00 PM  
Lavallette First Aid Squad Building  
Bay Blvd, & Washington Ave

**Little Egg Harbor**

9/24/18 Monday 10:00 AM - 12:00 PM  
Little Egg Harbor Twp.- Community Center  
319 West Calabreeze Way

10/17/18 Wednesday 5:00 PM-7:00 PM  
Little Egg Harbor Library  
290 Mathistown Rd

**Manchester**

10/2/18 Tuesday 10:00 AM - 12:00 PM  
Crestwood 2 Somebody Cares- Harmony Hall  
470 Route 530

10/12/18 Friday 10:00 AM - 12:00 PM  
Whiting United Methodist Church  
55 Lacey Rd\*

11/7/18 Wednesday 1:00 PM - 3:00 PM  
Cedar Glen West- Recreation Hall  
Robin Ln

**Ocean Gate**

11/2/18 Friday 1:00 PM - 3:00 PM  
Borough of Ocean Gate- Municipal Building  
801 Ocean Gate Ave\*

**Plumsted**

10/24/18 Wednesday 10:00 AM - 12:00 PM  
Plumsted Township- Municipal Building  
121 Evergreen Rd

**Point Pleasant**

9/25/18 Tuesday 10:00 AM - 12:00 PM  
Senior Beehive at St. Martha's Church  
3800 Herbertsville Rd

**Point Pleasant Beach**

10/19/18 Friday 10:00 AM – 12:00 PM  
Borough of Point Pleasant Beach- Fire Company No. 2  
614 Laurel Ave\*

11/1/18 Thursday 10:00 AM – 12:00 PM  
Point Pleasant Beach Library  
710 McLean Ave.

**Stafford**

10/9/18 Tuesday 1:00 PM - 3:00 PM  
Stafford Twp. - Ocean Acres Community Center  
489 Nautilus Dr\*

10/10/18 Wednesday 10:00 AM - 12:00 PM  
Southern Ocean Resource Center  
179 South Main Street\*

**Stafford (cont'd)**

10/25/18 Thursday 10:00 AM - 12:00 PM  
Atlantic Hills- Clubhouse  
98 Atlantic Hills Blvd

**Toms River**

9/27/18 Thursday 10:00 AM - 12:00 PM  
Toms River Twp.- Senior Center  
652 Garfield Ave

10/18/18 Thursday 10:00 AM - 12:00 PM  
County Connection (Ocean County Mall)  
1201 Hooper Ave\*

11/8/18 Thursday 10:00 AM - 12:00 PM  
St. Justin's Church  
975 Fischer Blvd

11/15/18 Thursday 10:00 AM - 12:00 PM  
County Connection (Ocean County Mall)  
1201 Hooper Ave\*

11/28/18 Wednesday 5:00 PM - 7:00 PM  
Toms River Library- Hometown Dairy Room  
101 Washington St

12/20/18 Thursday 10:00 AM-12:00 PM  
County Connection (Ocean County Mall)  
1201 Hooper Ave\*

**Tuckerton**

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

**Waretown**

11/2/18 Friday 10:00 AM - 12:00 PM  
Ocean Twp- Community Center  
239 11th St

*\* Clinic sites offering Live Healthy Ocean County! chronic disease screening services (i.e. blood pressure, stroke risk, glucose, cholesterol, and pulse ox)*

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

**OCHD Northern Site (Lakewood) – 1771 Madison Ave**

10/12/18	Friday	1:30 PM – 3:30 PM
10/24/18	Wednesday	5:00 PM – 7:00 PM
11/21/18	Wednesday	5:00 PM - 7:00 PM
12/7/18	Friday	1:30 PM - 3:30 PM
12/19/18	Wednesday	5:00 PM - 7:00 PM

**OCHD Southern Site (Stafford) – 333 Haywood Rd**

10/11/18	Thursday	4:00 PM - 6:00 PM
11/8/18	Thursday	4:00 PM - 6:00 PM
12/13/18	Thursday	4:00 PM - 6:00 PM

**OCHD Main Site (Toms River) – 175 Sunset Ave**

10/1/18	Monday	4:00 PM - 7:00 PM
10/4/18	Thursday	1:00 PM - 3:00 PM
10/15/18	Monday	4:00 PM - 7:00 PM
11/1/18	Thursday	1:00 PM - 3:00 PM
11/5/18	Monday	4:00 PM - 7:00 PM
12/3/18	Monday	4:00 PM - 7:00 PM
12/6/18	Thursday	1:00 PM - 3:00 PM