

# Ocean County Health Department Influenza and Pneumococcal Vaccination Sites and Times

## It's Not Too Late! 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).**

*Everyone 6 months of age and older should get vaccinated against seasonal Flu every year.  
The "regular" flu vaccine protects you against four different flu viruses (strains).*

### OCHD Northern Site (Lakewood)

1771 Madison Avenue

2/8/19            Friday            1:30PM-3:30PM  
2/20/19        Wednesday      5:00PM-7:00PM

### OCHD Southern Site (Stafford)

333 Haywood Road

2/14/19        Thursday        3:00PM-5:00PM  
2/28/19        Thursday        3:00PM-5:00PM

### OCHD Main Site (Toms River)- 175 Sunset Avenue

2/4/19            Monday            4:00PM-6:00PM  
2/13/19        Wednesday      9:00AM-11:00AM

### County Connection (Ocean County Mall)- 1201 Hooper Avenue

1/17/19            Thursday          10:00AM-12:00PM

### Ocean County YMCA - 1088 W Whitty Road

1/24/19            Thursday          10:00AM-12:00PM

## 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 your flu shot every year.
- Avoid touching your eyes, nose or mouth.
- Avoid close contact with people who are sick.
- Cover coughs and sneezes.
- Wash your hands often to avoid spreading the flu.
- Stay home when you are sick.

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**Public Health**  
Prevent. Promote. Protect.