Important Flu Facts?

- **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 flu vaccine protects against several different flu viruses (strains). Flu vaccines are updated every year to better match the viruses circulating in the public.
- Getting the flu vaccine cannot give you the flu! The vaccine is made with inactive (killed) virus strains which are not infectious.

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

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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 a flu shot every year.

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OCEAN COUNTY
BOARD OF CHOSEN FREEHOLDERS
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John P. Kelly, Deputy Director
Gerry P. Little
Gary Quinn
Joseph H. Vicari

OCEAN COUNTY
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Ruthanne Scaturro
Gerry P. Little, Freeholder Liaison to Ocean County Board of Health
Gary Quinn, Freeholder Liaison to Local Advisory Committee on Alcoholism and Drug Abuse

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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).

✔ Residents under the age of 65 years need a doctor’s recommendation for pneumonia vaccination.

✔ No registration is required.

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All sites open to residents 6 months of age and older.
Barneget
10/8/19 Wednesday 10:00 AM - 12:00 PM
Brighton at Barneget – Clubhouse
35 Brighton Road
Barneget
11/7/19 Thursday 5:00 PM - 7:00 PM
Barneget Library
112 Burr Street
Bay Head
10/7/19 Monday 10:00 AM - 12:00 PM
Bay Head Borough Hall
83 Bridge Avenue
Beachwood
10/15/19 Friday 10:00 AM - 12:00 PM
Borough of Beachwood – Community Center
147 Compass Avenue
Berkeley
11/12/19 Tuesday 5:00 PM - 7:00 PM
Berkeley Library
30 Station Road
Berkeley-TR
10/15/19 Tuesday 3:00 PM - 5:00 PM
Holiday City West - Clubhouse
45 Cabriolet Boulevard
11/8/19 Friday 1:00 PM - 3:00 PM
Holiday City Carefree- Clubhouse
98 Bananier Drive
Brick
10/7/19 Monday 10:00 AM - 12:00 PM
Princeton Commons
71 Brushy Neck Drive*
10/10/19 Thursday 10:00 AM - 12:00 PM
Lions Head North Clubhouse
200 Courtjumper Drive
Jackson
10/8/19 Tuesday 10:00 AM - 12:00 PM
Melvin Cottrell Center
45 Don Connor Boulevard*
11/18/19 Monday 6:00 PM - 8:00 PM
Jackson Mills Fire - Station 54
465 N County line Road
Lacey
10/29/19 Tuesday 9:00 AM - 12:00 PM
The Church of Saint Pius X
360 Lacey Road*
Lakewood
10/28/19 Monday 1:00 PM - 3:00 PM
A Country Place Community Clubhouse
1400 South Lake Drive
11/13/19 Wednesday 5:00 PM - 7:00 PM
Lakewood Library
301 Lexington Avenue
Lavallette
10/18/19 Tuesday 10:00 AM - 12:00 PM
Lavallette First Aid Squad Building
Bay Boulevard & Washington Avenue
Little Egg Harbor
10/9/19 Wednesday 10:00 AM - 12:00 PM
Edward Thornton Community Center
319 West Calabreeze Way*
11/15/19 Friday 1:00 PM - 3:00 PM
Little Egg Harbor Town Hall
685 Radio Road
Manchester
10/10/19 Thursday 10:00 AM - 12:00 PM
Willing United Methodist Church
55 Lacey Road*
10/17/19 Thursday 10:00 AM - 12:00 PM
Cedar Glen Homes
1848 Ridgeway Road
11/12/19 Tuesday 10:00 AM - 12:00 PM
Cedar Glen West
1 Robin Lane
Ocean Gate
11/25/19 Monday 10:00 AM - 12:00 PM
Borough of Ocean Gate - Municipal Building
801 Ocean Gate Avenue
Plumsted
10/11/19 Friday 10:00 AM - 12:00 PM
Plumsted Branch Library
119 Evergreen Road
11/19/19 Tuesday 10:00 AM - 12:00 PM
Plumsted Township - Municipal Building
121 Evergreen Road
Point Pleasant
10/15/19 Tuesday 12:00 PM - 2:00 PM
Senior Beehive at St. Martha's Church
3800 Herbertsville Road*
Point Pleasant Beach
11/18/19 Monday 10:00 AM - 12:00 PM
Borough of Point Pleasant Beach - Fire Company No. 2
614 Laurel Avenue
11/8/19 Friday 1:00 PM - 3:00 PM
Point Pleasant Beach Library
710 McLean Avenue
Stafford
10/5/19 Saturday 1:00 PM - 3:00 PM
Fawn Lakes Clubhouse
6 Sycamore Road
10/21/19 Monday 5:00 PM - 7:00 PM
Stafford Library
129 North Main Street
11/22/19 Friday 10:00 AM - 12:00 PM
Stafford Twp. - Ocean Acres Community Center
489 Nautilus Drive*
Toms River
10/7/19 Monday 1:00 PM - 3:00 PM
Freedom Village
620 Parents Boulevard
10/10/19 Thursday 10:00 AM - 12:00 PM
YMCA
1088 West Whity Road*
10/17/19 Thursday 10:00 AM - 12:00 PM
County Connection (Ocean County Mall)
1201 Hooper Avenue*
10/24/19 Thursday 10:00 AM - 12:00 PM
Toms River Library - Hometown Dairy Room
191 Washington Street
11/1/19 Friday 10:00 AM - 12:00 PM
Toms River Twp. - Senior Center
652 Garfield Avenue
Toms River (Cont’d)
11/21/19 Thursday 10:00 AM - 12:00 PM
County Connection (Ocean County Mall)
1201 Hooper Avenue*
12/19/19 Thursday 10:00 AM - 12:00 PM
County Connection (Ocean County Mall)
1201 Hooper Avenue*
1/9/20 Thursday 10:00 AM - 12:00 PM
YMCA
1088 West Whity Road* 1/16/20 Thursday 10:00 AM - 12:00 PM
County Connection (Ocean County Mall)
1201 Hooper Avenue*
2/20/20 Thursday 10:00 AM - 12:00 PM
County Connection (Ocean County Mall)
1201 Hooper Avenue*
Tuckerton
11/13/19 Wednesday 1:00 PM - 3:00 PM
Borough of Tuckerton
420 East Main Street
11/26/19 Tuesday 10:00 AM - 12:00 PM
Tuckerton Seaport Hunting Shanty
120 West Main Street
Waretown
10/18/19 Friday 10:00 AM - 12:00 PM
Ocean Twp - Community Center
239 11th Street

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

OCHD Northern Site (Lakewood) – 1771 Madison Ave
10/25/19 Wednesday 1:00 PM - 3:00 PM
11/6/19 Wednesday 5:00 PM - 7:00 PM
12/18/19 Wednesday 5:00 PM - 7:00 PM
1/10/20 Friday 1:00 PM - 3:00 PM

OCHD Southern Site (Stafford) – 333 Haywood Rd
10/24/19 Thursday 3:00 PM - 5:00 PM
11/14/19 Thursday 3:00 PM - 5:00 PM
12/12/19 Thursday 3:00 PM - 5:00 PM
1/9/20 Thursday 3:00 PM - 5:00 PM
2/13/20 Thursday 3:00 PM - 5:00 PM

OCHD Main Site (Toms River) – 175 Sunset Ave
10/16/19 Wednesday 1:00 PM - 3:00 PM
11/4/19 Monday 4:00 PM - 6:00 PM
11/13/19 Wednesday 9:00 AM - 11:00 AM
12/2/19 Monday 4:00 PM - 6:00 PM
12/11/19 Wednesday 9:00 AM - 11:00 AM
1/8/20 Wednesday 4:00 PM - 6:00 PM
2/23/20 Monday 4:00 PM - 6:00 PM
3/2/20 Monday 4:00 PM - 6:00 PM

* Clinic sites offering Live Healthy Ocean County! provide chronic disease screening services (i.e. blood pressure, glucose & cholesterol testing)