**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.
* Wear a **facial coverings** when in the public.
* 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.



2020

**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 download a vaccine information statement at CDC.Gov/Vaccines/hcp/vis**

**(732) 341-9700 or (800) 342-9738 Ext. 7411**

**TTY (732) 831-6489**

**Seasonal Influenza and Pneumococcal Vaccination Sites**

## OCEAN COUNTY

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 **The Flu Ends with U!**

# Influenza vaccinations are with no out of pocket expense to all **Ocean County Residents**

**Pneumonia Vaccinations available at each location.**

 Residents under the age of 65 years requesting

 A Pneumonia Vaccination will need a

 Physician prescription.

* + Appointments are required for each person.
	+ Make yours today at [www.OCHD.org](http://www.OCHD.org)

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

**October**

10/15/20 **Thursday** 10:00 AM - 2:00 PM

 Jackson Township Senior Center

 45 Don Connor Blvd, Jackson

10/17/20  **Saturday** 10:00 AM - 2:00 PM

 Toms River igh

High School North (Gym)

 1245 Old Freehold Road, Toms River

10/20/20 **Tuesday** 10:00 AM - 2:00 PM

 Brick Senior Center/VFW Post 8867

 373 Adamston Road, Brick

10/22/20 **Thursday** 10:00 AM - 2:00 PM

 Ocean County Fire and EMS Training Center

 200 Volunteer Way, Waretown

10/27/20 **Tuesday** 10:00 AM - 2:00 PM

 Edward Thornton Community Center

 319 West Calabreeze Way, Little Egg Harbor

10/29/20 **Thursday** 10:00 AM- 2:00 PM Stafford Recreation Center

 25 Pine Street, Manahawkin

**November**

11/5/20 **Thursday** 10:00 AM - 2:00 PM

 Forked River Columbian Club

 15 East Lacey Road, Forked River

11/7/20 **Saturday** 10:00 AM - 2:00 PM

 Ocean County Fire and EMS Training Center

 200 Volunteer Way, Waretown

11/10/20 **Tuesday** 10:00 AM - 2:00 PM

 Jackson Township Senior Center

 45 Don Connor Boulevard, Jackson

11/12/20 **Thursday** 10:00 AM - 2:00 PM

 Stafford Recreation Center

 25 Pine Street, Manahawkin

11/17/20 **Tuesday** 10:00 AM - 2:00 PM

 Edward Thornton Community Center

 319 West Calabreeze Way, Little Egg Harbor

11/19/20 **Thursday** 10:00 AM - 2:00 PM

 Brick Senior Center/VFW Post 8867

 373 Adamston Road, Brick

11/21/20 **Saturday** 10:00 AM - 2:00 PM RWJ Barnabas Health Arena

 1245 Old Freehold Road, Toms River

11/23/20 **Monday** 1:00 PM - 5:00 PM Ocean County Fire and EMS Training Center

 200 Volunteer Way, Waretown

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 Seasonal influenza viruses are believed to be transmitted from person-to-person primarily through virus-laden droplets that are generated when infected persons speak, cough or sneezes.

 These air droplets can be deposited into the respiratory tract when a person breaths or touches a contaminated surface (e.g., door knobs, cell phones or vehicle keys).

 Persons who are near the droplet source are susceptible to transmission by direct and indirect contact with the infectious respiratory secretions, (e.g., by hands that subsequently deliver infectious material to the eyes, nose or mouth).

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**December**

12/1/20 **Tuesday** 10:00 AM - 2:00 PM

 Forked River Columbian Club

 15 East Lacey Road, Forked River

12/3/20 **Thursday**

 Berkley Township *(TBD)* 10:00 AM - 12:00 PM

12/5/20 **Saturday** 10:00 AM - 2:00 PM

 RWJ Barnabas Health Arena

 1245 Old Freehold Road, Toms River

12/8/20 **Tuesday**  2:00 PM - 6:00 PM

 Edward Thornton Community Center

 319 West Calabreeze Way, Little Egg Harbor

12/10/20 **Thursday**  10:00 AM - 2:00 PM

 Ocean County Fire and EMS Training Center

 200 Volunteer Way, Waretown

12/15/20 **Tuesday** 10:00 AM - 2:00 PM

 Jackson Township Senior Center

 45 Don Connor Boulevard, Jackson

12/17/20 **Thursday** 4:00 PM - 7:00 PM

 County Connection (Ocean County Mall)

 1201 Hooper Avenue, Toms River

\*\*\* Patients determined to be Bed Bound by a physician can be enrolled in our Home Flu Vaccination Program Via our website or calling 732-341-9700 Ext. 7411.

 **Requirements**

1. Prescription from Physician describing Bed Bound
2. Complete a Flu Registration Form at OCHD.org
3. Upload a copy of the Prescription to the registration portal

 You will be contacted by a member of our team to establish a home

 Appointment.

 Appointments are on pre-determined days and times each month.