

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 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



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.

OCEAN COUNTY BOARD OF CHOSEN FREEHOLDERS

Joseph H. Vicari, Director
Gary Quinn, Deputy Director
Virginia E. "Ginny" Haines,
John P. Kelly,
Gerry P. Little

OCEAN COUNTY BOARD OF HEALTH MEMBERS

John J. Mallon, *Chairperson*
Senator Robert Singer, *Vice Chairperson*
Veronica A. Laureigh, *Secretary-Treasurer*
Jennifer Bacchione
Carol Blake, RN
Barbara Jo Crea
Maurice "Mo" B. Hill, Jr., D.M.D.
Henry Mancini
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*



2020

Seasonal Influenza and Pneumococcal Vaccination Sites

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

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 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
- 11/14/20 **Saturday** 8:00 AM – 11:00 AM
Shore Vineyard Church
1 South Main Street, South Toms River
- 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

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** 10:00 AM - 12:00 PM
Holiday City South Clubhouse- Auditorium
139 Santiago Drive, BerkleyTownship
- 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



STOP THE SPREAD OF GERMS
Help prevent the spread of respiratory diseases like COVID-19.

Stay at least 6 feet (about 2 arms' length) from other people.

6 ft

cdc.gov/coronavirus

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).