# Important Flu Facts

All people <u>6 months of age and older</u> should get vaccinated against seasonal flu every year.

Children younger than 6 months are at <u>high</u> <u>risk</u> 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 <u>cannot</u> 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 <a href="www.ochd.org">www.ochd.org</a> or download a vaccine information statement at CDC.Gov/Vaccines/hcp/vis

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



# Download our Ocean County Health Department App

Stay informed with important notices about Ocean County and our upcoming Flu and COVID-19 vaccination clinics!

Scan this QR code on your phone to download the app now!



Homebound Flu & COVID vaccine program is available for residents who are restricted to their home.

Call to schedule:

732-341-9700 Ext 7304

# Protect yourself from Respiratory illness.

- <u>Cover your mouth and nose</u> with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Consider wearing a **facial covering** when necessary.
- Wash your hands often with soap and water or 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.

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Committee on Alcoholism and Drug Abuse



2023

# Seasonal Influenza and COVID-19 Vaccination Sites

### The Flu Ends with U!

Influenza and COVID-19
vaccinations are provided at no out
of pocket expense for Ocean
County Residents with provided
Insurance.

## COVID-19

Vaccinations for 5- years and older at all vaccine locations.

Residents requesting a
Pneumonia vaccination can
schedule an appointment for our
vaccine clinic located at 175
Sunset Ave, Toms River on
Mondays Only

Appointments Preferred for all locations. Visit www.OCHD.org.

10/7/23 **Saturday** 10:00 AM - 1:00 PM Ocean County YMCA 1088 W. Whitty Road, Toms River

10/11/23 **Wednesday** 10:00 AM – 2:00 PM Jackson Library 2 Jackson Dr. Jackson

10/12/23 **Thursday** 10:00 AM – 2:00 PM Brick Senior Center 373 Adamston Road, Brick

10/13/23 **Friday** 10:00 AM – 2:00 PM Waretown Community Center 239 11th St. Waretown

10/15/23 **Sunday** 1:00 PM - 7:00 PM Jackson Day – 192 Kierych Memorial Drive (Johnson Park), Jackson

10/17/23 **Tuesday** 10:00 AM - 2:00 PM Lacey Community Center 101 North Main Street, Lacey

10/18/23 **Wednesday** 10:00 AM - 2:00 PM Toms River Senior Center 652 Garfield Ave, Toms River

10/19/23 **Thursday** 10:00 AM - 2:00 PM Seaside Heights Community Center 1000 Bay Boulevard, Seaside Heights

10/20/23 **Friday** 10:00 AM - 2:00 PM Manchester Twp. EMS Annex 82 Lacey Road, Whiting

10/21/23 **Saturday** 10:00 AM – 1:00 PM Silver Ridge Park East Clubhouse 979 Edgebrook Park North, Toms River

10/24/23 **Tuesday** 10:00 AM – 2:00 PM Little Egg Harbor Library 290 Mathistown Road, Little Egg Harbor

10/26/23 **Thursday** 10:00AM – 2:00PM Island Heights Municipal Building 1 Wanamaker, Island Heights

10/26/23 **Thursday** 1:00 PM- 3:00 PM Plumsted Library 119 New Egypt Allentown Rd, New Egypt

11/1/23 **Wednesday** 3:00 PM –7:00 PM Ocean County Fire and EMS Academy 200 Volunteer Way, Waretown 11/02/23 **Thursday** 10:00 AM - 1:00 PM Holiday City South Club House 139 Santiago Drive, Toms River

11/03/23 **Friday** 10:00 AM - 2:00 PM Manchester Twp. EMS Annex 82 Lacey Road, Whiting

11/08/23 **Wednesday** 3:00PM- 6:00PM Lakewood Fire Headquarters 733 Cedar Bridge Ave, Lakewood

11/09/23 **Thursday** 10:00 AM - 2:00 PM Lacey Community Center 101 North Main Street, Lacey

11/14/23 **Tuesday** 10:00 AM - 2:00 PM Brick Library 301 Chambers Bridge Road, Brick

11/15/23 **Wednesday** 10:00AM – 2:00 PM Cassville Fire Department 785 Miller Road, Jackson

11/15/23 **Wednesday** 4:00 PM- 7:00 PM
Ocean County Health Department (North)
1771 River Avenue, Lakewood

11/16/23 **Thursday** 10:00 AM – 2:00 PM
Brick Senior Center
373 Adamston Road. Brick

11/17/23 **Friday** 10:00 AM – 1:00 PM St. Mary's by the Sea Episcopal Church 804 Bay Avenue, Point Pleasant Beach

11/18/23 **Saturday** 10:00 AM – 1:00 PM South Toms River Recreation Center 1 Drake Lane, South Toms River

11/21/23 **Tuesday** 10:00 AM - 2:00 PM Toms River Library 101 Washington St, Toms River

11/28/23 **Tuesday** 1:00 PM - 3:00 PM Plumsted Library 119 New Egypt Allentown Rd, New Egypt

11/29/23 **Wednesday** 10:00 AM – 2:00 PM Stafford Library
129 N. Main St. Manahawkin

12/1/23 **Friday** 10:00AM – 2:00PM Manchester Library 21 S. Colonial Drive, Manchester

12/05/23 Tuesday 3:00 PM - 7:00 PM
Ocean County Fire and EMS Academy
200 Volunteer Way, Waretown

12/06/23 **Wednesday** 3:00 PM – 6:00 PM
Thorton Community Center
319 W. Calabrese Way, Little Egg Harbor

12/07/23 **Thursday** 11:00 AM - 1:00 PM County Connection (O.C. Mall) 1201 Hooper Ave, Toms River

12/07/23 **Thursday** 4:00 PM – 7:00 PM St. Mary's by the Sea Episcopal Church 804 Bay Avenue. Point Pleasant Beach

12/08/23 **Friday**Bayville Fire Company
645 Atlantic City Blvd, Bayville

12/12/23 **Tuesday** 10:00 AM – 1:00 PM
Brick Library
301 Chambers Bridge Road, Brick

12/14/23 **Thursday** 10:00 AM – 1:00 PM Stafford Library 129 N. Main St., Manahawkin

Appointments Preferred for all vaccine locations.

Walk-ins welcome and scheduled based on <u>availability</u> of the clinic.

COVID-19 Vaccines offered at all Flu Clinics for 5 years and older.



Flu, COVID and Pneumonia
vaccinations available at
175 Sunset Ave, Toms River
Every Monday
11am – 6pm
October 2nd, 2023- December
18, 2023

**No** clinic services on

October 9th

Flu and Covid vaccines will be provided with **NO** out-ofpocket costs, with insurance documentation.

Individuals who do not have insurance can still receive a vaccine through our uninsured-underinsured cost program.

More information and appointments please visit.

www.ochd.org