



MONMOUTH COUNTY REGIONAL HEALTH COMMISSION NO. 1

1540 WEST PARK AVE., TINTON FALLS, NJ 07724

www.mcrhc.org

Press Release

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Free Flu Shots Offered on February 6th

This year's flu season has been brutal. Monmouth County has seen the second highest rate of flu cases in NJ and with a recent fatality. To combat the flu, the Monmouth County Regional Health Commission No. 1 is offering free flu immunizations on Tuesday, February 6th from 3pm to 6pm.

"This year's flu includes the H3N2 virus, which means more flu cases, more doctor visits, more hospitalizations, and more deaths, especially among older people," said David Henry Monmouth County Regional Health Commission No. 1 (MCRHC) Health Officer. "By getting the vaccine, people can protect themselves from seasonal flu and may also avoid spreading the flu to others."

Flu shots are especially important for people at high risk for serious complications from the flu, including people ages 65 and older, pregnant women, caregivers of seniors or infants, and anyone with an underlying chronic medical condition (such as heart or lung condition) or who are immune compromised such as persons with HIV/AIDS, on dialysis, or receiving cancer treatment.

The most important things to remember are, protect yourself from flu by washing your hands often, especially if you are caring for someone who is sick, cover your cough if you are sick, and stay home from work or school to prevent spreading the flu to others. While winter is the typical time for flu activity, outbreaks can last until April, so now is a great time to protect yourself and your family.

Free flu shots will be provided at the MCHRC office located at 1540 West Park Ave. Suite 1 Tinton Falls, NJ 07724. Immunizations will be provided to those 12 years of age or older. Please bring canned food or pet food to be donated to the local food pantry and animal shelter.

No appointment is needed. For more information, visit www.mcrhc.org or call MCRHC (732.493.9520) during regular business hours with questions.

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The Monmouth County Regional Health Commission provides services to twenty one (21) towns: Allenhurst, Brielle, Deal, Fair Haven, Highlands, Interlaken, Little Silver, Loch Arbour, Middletown, Monmouth Beach, Ocean Township, Red Bank, Rumson, Sea Bright, Sea Girt, Shrewsbury, Spring Lake, Spring Lake Heights, Tinton Falls, Wall Township, and West Long Branch.