



## **MONMOUTH COUNTY REGIONAL HEALTH COMMISSION NO. 1**

1540 WEST PARK AVE., TINTON FALLS, NJ 07724

[www.mcrhc.org](http://www.mcrhc.org)

### **Press Release**

Contact: David Henry

Phone: 732-493-9520

September 7, 2017

### **Flu Season is Coming – Be Prepared by Getting Your Annual Flu Shot**

The change in seasons and cooler weather is a reminder that it's time for residents to get their annual flu shot. While winter is the typical time for flu activity, outbreaks can occur as early as October, so it's not too early to get a flu shot now.

"Everyone age 6 months and older should get the flu vaccine each year, especially those with a health condition that may increase their risk of serious complications from the flu," said David Henry, Monmouth County Regional Health Commission No. 1 Health Officer. Some children will need two doses of the vaccine given one month apart depending on their immunization history. "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 60 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.

MCRHC will be hosting several neighborhood flu clinics throughout their jurisdiction in Monmouth County over the next month. Flu and pneumonia immunizations will be offered to persons 12 years of age or older for a fee. Adults with Medicare Part B must bring their insurance card. Medicare Advantage plans and other insurance plans are not accepted.

No appointment is needed at the following locations and times - Please call MCRHC during regular business hours 732.493.9520 with questions.

## 2017 Health Department Flu Clinic Schedule

Tuesday, September 12  
10 am – 2 pm  
Monmouth County Regional Health Commission No. 1  
1540 West Park Avenue, Tinton Falls

Wednesday, September 13  
11 am – 1 pm  
Rumson Borough Hall  
80 E. River Road, Rumson

Friday, September 15  
11 am – 12 noon  
Interlaken Borough Hall,  
100 Grasmere Avenue, Interlaken

Monday, September 18  
11 am – 12 noon  
Tinton Falls Borough Hall  
556 Tinton Avenue, Tinton Falls

Wednesday, September 20  
10 am – 12 noon  
Monmouth Beach Borough Hall  
18 Willow Avenue, Monmouth Beach

Thursday, September 21  
11 am – 12 noon  
Spring Lake Heights Borough Hall  
555 Brighton Avenue, Spring Lake Heights

Friday, September 22  
1 pm – 2 pm  
Curtis House  
644 Union Lane, Brielle

Monday, September 25  
10 am – 12 noon  
Wall Township Borough Hall  
2700 Allaire Road, Wall Township

Tuesday, September 26  
10 am – 11 am  
Red Bank Senior Center  
80 Shrewsbury Avenue, Red Bank

Wednesday, September 27  
11 am – 12 noon  
West Long Branch Borough Hall,  
965 Broadway, West Long Branch

Friday, September 29  
10 am – 12 noon  
Fairway Mews  
2 Locust Way, Spring Lake Heights

Thursday, October 5  
10 am – 11 am  
PTAK Towers  
215 Shore Drive, Highlands

Thursday, October 5  
1 pm – 2 pm  
Sea Bright Borough Hall  
1167 Ocean Avenue, Sea Bright

For more information, visit [www.mcrhc.org](http://www.mcrhc.org).  
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The Monmouth County Regional Health Commission No. 1 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.