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It's Not Too Early to Get Your Flu Shot

Flu vaccine available at Cleveland County Health Department beginning September 25th.

SHELBY, NC – September 22, 2023 – The Cleveland County Health Department joins the NC Division of Public Health and the Centers for Disease Control (CDC) in urging everyone to protect themselves by getting vaccinated against the flu. Everyone aged 6 months and older is encouraged to be immunized.

Flu vaccine will be available at the Cleveland County Health Department beginning Monday, September 25, 2023. The vaccine is available Monday - Friday from 8:00 am - 4:30 pm, no appointment necessary.

It is not too early. The vaccine is safe and effective and the best way to protect yourself and your family from getting the flu.

In addition to vaccination, continue practicing healthy habits to protect yourself and others from flu viruses:

- Cover your nose and mouth with a tissue when you cough or sneeze.
- Throw the tissue in the trash promptly after use.
- Wash your hands frequently with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- Avoid touching your eyes, nose, or mouth. Germs spread this way.
- Stay home if you are sick. You should stay home for at least 24 hours after your fever is gone, except to get medical care.

The flu vaccine is free of charge for children 18 and younger who have Medicaid, do not have insurance, or are underinsured (meaning insurance does not cover the flu vaccine). The vaccine will also be free for uninsured (non-Medicaid) pregnant women 19 and older who are serviced

by the health department and women and men 19 and older who have a family planning waiver (Be Smart) and are receiving services at the health department. If you have insurance, Medicare or Medicaid, we will bill these third-party payers. We also have available a limited number of high dose flu vaccines for those 65 and older. Insurance, Medicare or Medicaid can be billed for these vaccines. Individuals who do not meet any of the above criteria for a free flu vaccine and who do not have insurance, Medicaid, or Medicare may call the health department at 980-484-5100 for additional information.

To learn more about the flu, please visit www.flu.nc.gov.

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