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# CLEVELAND COUNTY

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## PUBLIC HEALTH CENTER

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**FOR IMMEDIATE RELEASE: December 7, 2022**

**Free Flu Vaccine for Uninsured Adults Available at Cleveland County Health Department**

SHELBY, NC – The Cleveland County Health Department is offering free flu vaccine for adults without health insurance while supplies last.

It is not too late to get your flu vaccine. The vaccine is safe and effective and the best way to protect yourself and your family from getting the flu. The CDC encourages everyone 6 months and older to get vaccinated.

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

- Cover your nose and mouth with 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 and other symptoms have improved, except to get medical care.

The flu vaccine is available at the Cleveland County Health Department Monday - Friday from 8:00 am - 4:30 pm with no appointment necessary.

If you are an uninsured adult and would like to receive a free flu vaccine, you may want to consider calling before you come to ensure we still have free flu vaccine for uninsured individuals available.

“We recognize cost can be a major barrier to receiving the flu vaccine for uninsured adults,” Deputy Health Director, DeShay Oliver said. “While the health department receives State

supplied flu vaccine that we are able to offer to uninsured children under the age of 18 for free, we do not receive State supplied flu vaccine we are able to offer to uninsured adults. However, we recently received approval to use State grant funds to purchase a limited supply of flu vaccine that we will be offering to uninsured adults for free. We hope this will help some individuals who may not be able to receive the flu vaccine otherwise, get vaccinated.”

The flu vaccine continues to be 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 is also free for uninsured (non-Medicaid) pregnant women 19 and older who are serviced by the health department and women 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.

If you have questions or need additional information, you may call the Cleveland County Health Department Immunization Clinic at 980-484-5100. You may also find additional information about the flu at [www.flu.nc.gov](http://www.flu.nc.gov).

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