



MAYOR AMATO SAYS "ROLL UP YOUR SLEEVE" ANNUAL SEASONAL FLU SHOT CAMPAIGN IS COMING TO BERKELEY TOWNSHIP The Ocean County Health Department (OCHD) will be offering its annual influenza (flu) and pneumonia shot program at several sites in Berkeley Township beginning on September 20th with a flu/pneu shot site at Holiday City Carefree from 10-12PM.

"The 2017 seasonal flu shot theme this year is 'The Flu Ends with U.' This points out that the flu shot will not only protect you, but that we each have a hand in protecting those around us," stated Berkeley Township Mayor Carmen F. Amato, Jr.

Mayor Amato points out that the Centers for Disease Control and Prevention (CDC) recommends anyone over the age of 6 months get vaccinated against flu. Influenza is contagious and caused by the influenza virus, which can be spread by coughing, sneezing, or nasal secretions. Although anyone can get influenza, rates of infection are highest among children. Symptoms usually last only a few days in most people and include: fever, cough, sore throat, headaches, chills, muscle aches and fatigue.

There are other illnesses with the same symptoms and are often mistaken for flu. Amato continued, "Infants, the elderly, pregnant women and people that have certain health conditions, such as lung, heart or kidney disease or those with a weakened immune system, can get much sicker if they have the flu. There are thousands of deaths each year due to seasonal flu and even more require hospitalization."

Amato added, "This year, the Ocean County Health Department will be using a quadrivalent vaccine, a combination of two strains of both A and B flu viruses. Adding an additional strain of B virus to the vaccine aims to give broader protection against circulating flu viruses."

Medicare Part B covers the cost of a flu shot. The OCHD also offers the pneumonia shot, which is also covered by Medicare Part B. For those without Medicare Part B, each shot costs \$20.00. A physician's note or prescription is required for a pneumonia shot for those under the age of 65.

"Once again, the Ocean County Health Department is also offering the Live Healthy Ocean County program at several of their flu clinics, which include chronic disease screening services, Tdap and Shingles vaccination. Live Healthy Ocean County will be offered at the September 20th flu/pneu clinic at Holiday City Carefree," Mayor Amato said.

The "Live Healthy Ocean County" program entails chronic disease screening services, such as blood pressure, stroke risk, osteoporosis, TDAP, shingles and body mass index.

For more information about flu shots, "Live Healthy Ocean County" and drug drop-off sites, call the OCHD at 732-341-9700, or visit the OCHD website at www.ochd.org. You can also follow the Health Department on Twitter@OCpublichealth or like us on Facebook.

The Berkeley Flu/Pneu schedule includes:

Wednesday, 9/20 – Holiday City Carefree 10 - 12PM (also includes the Live Healthy Ocean County program) Friday, 9/22 – Silver Ridge Park West 10 - 12PM Wednesday, 10/11 - Holiday City West 10 – 12PM Tuesday, 10/17 – Holiday City South 10 – 12PM Wednesday, 10/11 – Berkeley Library (Station Road) 5PM – 7PM For Berkeley Residents residing in Pelican Island and South Seaside Park:

Thursday, 10/26 - Lavallette First Aid Squad 1PM to 3PM