

# Local Clinics Offer Flu Shots

## *You Are Only One Shot Away from Fighting the Flu*

SOMERVILLE – Somerset County Freeholder Patricia L. Walsh, health department liaison urges residents to protect themselves from the flu this season by visiting their local Somerset County flu-shot clinic.

Fight the flu! Visit a local clinic, sponsored by Somerset County Department of Health. County residents who meet certain guidelines, and who would like to get a flu shot can visit one of the following clinics:

- **Manville Community Day**, located at Lincoln Park Valley Fields, on **Sept. 22**, from **2 p.m. to 4 p.m.** This clinic is open to Somerset County adults age 18 and above. The cost is free. The rain date is Sept. 23.
- **Franklin Township Community Senior Center**, located at 505 DeMott Lane, on **Oct. 3**, from **9 a.m. to 11 a.m.** \*This clinic is only open to Franklin Township residents, age 65 and above. Participants must bring valid identification and proof of residency. The cost is free.
- **Somerville Senior Housing**, located at 1 Mountain Ave., on **Oct. 11**, from **11 a.m. to 1 p.m.** This clinic is open to Somerset County residents age 18 and above. The cost is free for residents with Medicare Part B and \$15 for others.
- **North Plainfield Community Center**, located at 614 Greenbrook Road, on **Oct. 23**, from **10 a.m. to 12 p.m.** This clinic is open to Somerset County residents age 18 and above. The cost is \$5 for North Plainfield residents, \$10 for non-borough residents; and free for residents with Medicare Part B, borough first responders and borough employees.
- **Franklin Township Community Senior Center**, located at 505 DeMott Ln., on **Oct. 31**, from **9 a.m. to 11 a.m.** \*The clinic is open only to Franklin Township residents, age 65 and above. Participants must bring valid identification and proof of residency. The cost is free.

It is recommended that people get flu shots every year in order to protect themselves against new viruses. Even when a patient has had a flu vaccination their resistance to the flu declines over time, and as new types of flu viruses circulate they are even more susceptible to becoming ill.

Get vaccinated every year to help prevent seasonal flu; and practice good hygiene, such as frequent handwashing with soap and water, covering your nose and mouth when coughing and sneezing, and minimizing contact with others when you are ill.

For more flu-clinic information from the Somerset County Department of Health, go to <http://bit.ly/FluShotsHD> or call (908) 231-7155.

To stay up to date with Somerset County events and information, sign up for [free email alerts](#) at [www.co.somerset.nj.us/subscribe](http://www.co.somerset.nj.us/subscribe) or follow us on [Facebook](#) and [Twitter](#).