

Tompkins County Health Department
55 Brown Road – Ithaca, New York
Frank Kruppa – Public Health Director

Flu Vaccinations Available at Tompkins County Health Department

Are you considering whether or not to get a flu shot this year? Here's an easy answer: **Everyone, Every Year** (Everyone over the age of 6 months). This is the recommendation of the Centers for Disease Control and Prevention (CDC) and the Tompkins County Health Department (TCHD). A flu shot is the best protection against the flu – it protects you and limits the spread of flu to others. These include infants under the age of 6 months who are too young to be immunized and those who are immunocompromised such as people receiving cancer treatment.

Tompkins County Health Department (TCHD) is providing flu vaccinations for adults 19 years of age and above at its location at 55 Brown Road – across from the airport. There is plenty of free parking. One clinic will also take place in October at Lifelong at 119 West Court Street in Ithaca.

For your convenience, appointments are necessary for all clinics. Call the Health Department at **607-274-6616**. Flu shots will be available beginning, September 17 on Tuesdays and Fridays. Flu shots will also be available by appointment on Tuesday, October 15 at Lifelong.

The cost is \$30 for adults 19 years of age and above. Cash and checks accepted; no credit or debit cards. The Health Department bills Blue Cross Blue Shield, Medicaid, Total Care, Fidelis, Medicare Part B and Medicare Managed Plans: Secure Horizons, Today's Options, and Medicare Blue.

Vaccination for children 6 months of age to 18 years of age and adults will be available at a special Family Flu Clinic 10:00 am to 12:00 pm on Saturday, October 19 at TCHD. More information will follow at a later date.

While flu vaccination is the best prevention against the flu, basic prevention practices are always important to keep in mind to prevent the spread of influenza and other respiratory diseases.

- Wash your hands frequently with soap and water or alcohol based sanitizer.
- Cover your nose and mouth with a tissue during coughs and sneezes; discard the tissue.
- Keep your hands away from your face, eyes, mouth and nose.
- Clean frequently used surfaces such as door knobs, telephones, keyboards.
- Stay home from school, work, and social engagements if you have flu symptoms to protect others.

For more information call 607- 274-6616 or go to www.tompkins-co.org/flu or www.cdc.gov/flu

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