



New Hanover County
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News Release

Date: August 17th, 2009
To: Area Media
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Also posted at <http://www.nhcgov.com>

Re: Flu & Pneumonia Vaccines Available

(New Hanover County)— The New Hanover County Health department will begin giving flu shots on Saturday, September 19th. We will begin taking appointments for these flu shots on Monday, August 17th. Please call 798-6646 to make an appointment. Appointments are available from 8:15 a.m. until 4:15 p.m. Monday, Wednesday, Thursday, and Friday with Tuesday appointments extended until 6:15 p.m. Our goal is to provide a pleasant and efficient visit for each customer in 20 minutes or less.

Residency of New Hanover County is not required to receive a flu shot at NHCHD.

This year we are accepting Medicare/Medicaid, Blue Cross/Blue Shield of NC, United Health Care, Aetna, Cigna, Tricare, Cash, Check, Visa/MasterCard (credit or debit).

Other things you can do to help protect yourself from the flu:

- Cover your mouth and nose with a tissue when you cough or sneeze
- If you don't have tissue, cough or sneeze into your upper sleeve, not your hands
- Put your used tissue in the waste basket
- Wash your hands with soap and water

Pneumonia Vaccines

There is also a new recommendation for receiving Pneumovax (the pneumonia shot). Adult tobacco smokers, ages 19 years and older, are now being urged to receive the vaccine, since they are at a heightened risk for respiratory infection. Pneumovax vaccinations should be separated by five years and you should only receive two in your lifetime. People who are healthy and do not smoke usually receive one Pneumovax vaccination at age 65 years or older.

For current information on the Flu Clinic at New Hanover County Health Department, please call 910-798-6676. This information line will be updated as necessary throughout flu season.

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