



## Naugatuck Valley Health District

98 Bank Street Seymour, CT 06483  
T: 203-881-3255 F: 203-881-3259 W: [www.nvhd.org](http://www.nvhd.org)

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Contact: Carissa Caserta  
Phone: (203) 881-3255

### PRESS RELEASE

#### **NVHD restocked with flu shots and offering Saturday clinic 2/10/18 with Pomperaug Health District**

Naugatuck Valley Health District (NVHD) and CT Department of Public Health still strongly recommend residents get the flu vaccine as soon as possible to prevent the flu. NVHD has restocked the flu vaccine and has doses available! Call us 203-881-3255 to make an appointment to receive your flu shot.

NVHD and Pomperaug Health District are partnering to offer flu vaccines on Saturday, February 10<sup>th</sup> from 10a-12pm at 77 Main Street North, Suite 205, Southbury, CT. This clinic is in response to the widespread cases of influenza in CT. Appointments are not required. Please bring your insurance card. The following are the insurance that are accepted: Medicare Part B, ConnectiCare, Aetna, Anthem and Cigna. If you do not have one of these insurances, the flu vaccine will be free. All children under the age of 18 can also receive the flu vaccine for free.

It is also essential that preventative actions are taken to prevent the spread of germs during this time to prevent the flu from spreading. Below are a few things, the CDC recommends you can do to protect your loved ones and yourself.

- Try to avoid close contact with sick people.
- While sick, limit contact with others as much as possible to keep from infecting them.
- If you are sick with flu-like illness, stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone for 24 hours without the use of a fever-reducing medicine.)
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose and mouth. Germs spread this way.
- Clean and disinfect surfaces and objects that may be contaminated with germs like the flu.

According to the CT Department of Public Health, there have been nearly 3,000 positive cases of flu with 802 of them in New Haven County. Get protected, get your flu shot!

END

*Ansonia*



*Beacon Falls*



*Derby*



*Naugatuck*



*Seymour*



*Shelton*