



COUNTY OF BERGEN

COMMUNICATIONS OFFICE
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October 26, 2007

BERGEN COUNTY ANNOUNCES FLU CLINIC FOR SENIORS

(HACKENSACK) – Bergen County Executive Dennis McNerney announces that county residents age 65 and over may obtain flu shots at a clinic being offered by the County Department of Health Services. The clinics will be held on the following dates and times:

Tuesday, November 27 from 9:30 a.m. to 11:00 a.m.

Americas Unidas Senior Activity Center, 133 River Street, Hackensack

Wednesday, November 28 from 10:00 a.m. to 11:30 a.m.

South West Center, 147 Hackensack Street, East Rutherford

Flu shots will be administered at no charge to Bergen County residents age 65 and over who present a Medicare card with Part B/Medical Insurance coverage and who are not covered by an HMO. Flu shots will also be administered at no charge to residents from age 18 to 64 years with a chronic illness who present a physician's note.

“The best way to prevent the flu is to get a flu vaccine each fall,” said McNerney. “In New Jersey, about 2,500 deaths per year are directly attributed to pneumonia and influenza; nearly 90% of these deaths occur among persons aged 65 and over.”

Certain people should not get a flu shot. Do not receive a flu shot if you have a fever, had a previous allergic reaction to the flu vaccine, or if you are allergic to eggs or Thimerosal, which contains mercury. Consult your physician or local hospital clinic before receiving a flu shot if you have an acute respiratory infection or other acute infectious condition.

Those over 65 should also be immunized against pneumonia, a major source of illness and death among the elderly. Pneumococcal vaccine can be given at any time of the year, but it is given most often in the fall and winter.

Get a pneumococcal vaccine if you have never been vaccinated against pneumonia. Do not get vaccinated for pneumonia if you have a fever or are allergic to Phenol. Do not get vaccinated for pneumonia if you are currently being treated with radiation or chemotherapy.

For further information call 201-634-2648. For frequently asked questions about influenza, please call the Health Information Line at 201-225-7000, or visit the department web site at www.bergenhealth.org.

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