



**BERGEN COUNTY DEPARTMENT OF HEALTH SERVICES**  
**327 E. RIDGEWOOD AVENUE, PARAMUS, NJ 07652**  
**(201) 634-2600**  
[www.bergenhealth.org](http://www.bergenhealth.org)

**FOR IMMEDIATE RELEASE**

Contact: 201-634-2648

## **Free Flu Shots – It's Not Too Late to Get One**

*BERGEN COUNTY, NJ* – Bergen County Department of Health Services reminds county residents that getting a flu vaccination can still be beneficial. Flu activity in New Jersey in 4 regions including Bergen County is now considered regional; local activity has been reported in the only other region in the state. While it varies, flu season can last as late as May.

The Department of Health Services will be offering a flu clinic for all adult residents:

**Tuesday, February 15, 2011 from 9:00 a.m. to 11:30 a.m.**  
**One Bergen County Plaza, Room 465**  
**Hackensack, New Jersey**

The best way to prevent the flu is to get a flu vaccine each year. While the majority of flu activity often occurs in January, the flu season can last as late as May so it is not too late to protect yourself.

Flu shots will be administered at no cost to Bergen County residents age 18 and over. For women who are pregnant, a doctor's note is required in order to receive a flu shot.

One Bergen County Plaza is located next to the Bergen County Court House on Hudson Street. Directions are on the County's website at <http://www.co.bergen.nj.us/>.

Certain people should not get a flu shot. Do not receive a flu shot at this program if you have a fever, had a previous allergic reaction to the flu vaccine, or if you are allergic to eggs or latex. The vaccines administered at this clinic will be preservative-free. Consult your physician or local hospital clinic before receiving a flu shot if you have an acute respiratory infection or other acute infectious condition.

For further information call 201-634-2648. For frequently asked questions about influenza, visit the department web site at [www.bergenhealth.org](http://www.bergenhealth.org).

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