

SUDBURY HEALTH DEPARTMENT

Flu Season is Around the Corner

Sudbury Health Department will be offering Flu Vaccine Clinics again this year for Sudbury Seniors and Residents.

Bring a copy of your insurance card and wear a short sleeve shirt.

Date	Time	Ages	Place	Register
Thursday October 10 th 2019	11am-2pm (seniors) 5pm-7pm (ages 5 and up)	Ages 5 years and up	Fairbanks Community Center Gym 40 Fairbanks Road Sudbury	Appointment necessary Call 978-443- 3055 to schedule
Wednesday October 16 th 2019	2pm-7pm Open to all Sudbury Residents	Ages 5 years and up	Curtis Middle School 22 Pratts Mill Road Sudbury	Walk In No Appointment Necessary

Influenza (“flu”) is a contagious disease that spreads around the United States every year, usually between October and May.

Flu is caused by influenza viruses, and is spread mainly by coughing, sneezing, and close contact.

Anyone can get flu. Flu strikes suddenly and can last several days.

Symptoms vary by age, but can include:

fever/chills
sore throat
muscle aches
fatigue
cough
headache
runny or stuffy nose

Flu vaccine can:

1. Prevent you from getting flu.
2. Make flu less severe if you do get it.
3. Keep you from spreading flu to your family and friends.

A yearly flu vaccine is the best way to prevent flu illness. For more information go to:

<http://www.cdc.gov/flu/protect/keyfacts.htm>. <https://www.mass.gov/influenza>

Submitted by:

Phyllis Schilp BSN, RN
Sudbury Town Nurse

