



COUNTY OF MONTGOMERY

Commissioners

James R. Matthews

Chairman

Joseph M. Hoeffel Bruce L. Castor, Jr.

Joseph M. DiMino, DO

Director of Health/Medical Director

MONTGOMERY COUNTY HEALTH DEPARTMENT

1430 DeKalb Street, PO Box 311

Norristown, PA 19404-0311

Phone: 610-278-5117 Fax: 610-278-5167

TDD: 610-631-1211

www.health.montcopa.org

Contact- Harriet Morton- 610-278-5117 x6705

For immediate release:

Montgomery County Seasonal Flu Clinic to be Rescheduled

October 23, 2009 (Norristown, PA) -Due to a delay in shipping of the seasonal influenza vaccine, the Montgomery County Health Department will not be receiving some of our seasonal flu vaccine before November, therefore at this time we are **rescheduling another of our community flu clinics, the Franconia Mennonite Church in Telford**. There is not a shortage of flu vaccine, merely a delay in shipping.

New dates for this clinic will also be made available as soon as possible. Residents can look for seasonal influenza vaccination from their Health Care Provider or other venues that offer seasonal influenza vaccination, locations can be obtained by viewing this website: <http://www.flucliniclocator.org> Residents should contact the Health Department or visit the Health Department website at www.health.montcopa.org after November 2nd for more information. Residents who wish to be informed as soon as the dates are rescheduled may sign up for ReadyNotify.

There have not been any reported seasonal influenza cases in Montgomery County so far this season. Seasonal flu season usually begins in late November and continues through March. So far, there is no indication that this year's seasonal flu season will be any worse than in years past.

During the flu and cold season, MCHD advises residents to remember that following these basic steps can help prevent the spread of germs to others:

- Wash hands thoroughly before and after preparing food, before eating and after using the restroom;
- Cover your nose and mouth when coughing or sneezing, and wash your hands to prevent spreading germs to objects like doorknobs and other household items;
- Get plenty of rest, eat properly and dress appropriately for the weather;
- Minimize time in crowded areas during the flu season, when the risk of exposure to germs increases;
- When practical, avoid contact with others if you have the flu; and
- Get immunized with the pneumococcal vaccine if over the age of 65.

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NORRISTOWN HEALTH CENTER

1430 DeKalb Street, PO Box 311

Norristown, PA 19404-0311

Phone: (610) 278-5145 Fax: (610) 278-5166

POTTSTOWN HEALTH CENTER

364 King Street

Pottstown, PA 19464

Phone: (610) 970-5040 Fax: (610) 970-5048

EASTERN COURT HOUSE ANNEX

102 York Road, Suite 401

Willow Grove, PA 19090

Phone: (215) 784-5415 Fax: (215) 784-5524