



# NEWS RELEASE

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## Prevent the Flu! Get Vaccinated

Flu season is right around the corner. The best way to protect yourself and your family from illness is to get a flu shot. The Centers for Disease Control and Prevention recommends people 6 months of age and older get vaccinated every year.

While the flu causes mild illness for most people, it can be serious. Some people are more likely to get flu complications that can result in hospitalization and sometimes death. It is especially important for young children, adults 65 years of age and older, pregnant women and nursing home residents to get vaccinated.

“Getting your flu shot is an easy way to increase your chances of staying healthy during flu season,” said Regina Petteway, Wake County Human Services director. “Residents can get a flu shot at a Wake County clinic or from their own medical provider.”

Flu shot clinics will be held at the Wake County Public Health Center located at 10 Sunnybrook Road in Raleigh. Walk-in hours are from 9 a.m. – 7 p.m. every Thursday starting Oct. 5 through Nov. 16. No appointment is needed.

Wake County accepts traditional Medicare Part B, Blue Cross and Blue Shield, Medicaid and North Carolina Health Choice insurance.

You must bring your insurance card with you. Adults 21 years and older with Medicaid may be charged a \$3 co-pay for their vaccine.

For those without insurance, the cost for regular flu shots is \$30. The cost of high dose flu vaccine is \$60.

There is no charge for flu vaccine this year for:

- Pregnant women without health insurance, or
- Children who qualify for the federal government's [Vaccines for Children \(VFC\) Program](#).

For residents who cannot attend a walk-in flu vaccine clinic date, Wake County will offer the vaccine by appointment only at the following locations:

- [Eastern Regional Center](#) in Zebulon: Call 919-404-3900 for an appointment.
- [Northern Regional Center](#) in Wake Forest: Call 919-562-6300 for an appointment.
- [Southern Regional Center](#) in Fuquay-Varina: Call 919-557-2501 for an appointment.

Visit [our website](#) for more information about the flu and flu clinics.

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