

**FOR IMMEDIATE RELEASE**

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For More Information Contact

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## **NEW RIVER HEALTH DISTRICT OFFERS FREE SEASONAL FLU VACCINE**

(Christiansburg, VA) – It is not too late to get a flu shot! The New River Health District offers seasonal flu vaccine to everyone ages six months and older daily, Monday thru Friday, at no cost to you. For your convenience, you have the choice of an appointment or you can simply walk-in your local health department.

Call or come by for your flu shot today, at any of the following clinic locations:

- Floyd Co. Health Department, 203 South Locust St., Suite M, Floyd, 540-745-2141
- Giles Co. Health Department, 120 North Main St., Pearisburg, 540-921-2891
- Pulaski Co. Health Department, 170 4th Street NW, Pulaski, 540-994-5030
- Radford City Health Department, 212 3rd Ave., Radford, 540-831-5774
- Montgomery Co. Health Department, 210 South Pepper St., Suite A, Christiansburg, 540-381-7100

“Remember, you can be spreading the flu for 24 hours before you even feel sick. Getting a flu shot is not just about protecting yourself, it’s about protecting vulnerable people around you – your children, grandchildren, grandparents and others who may be particularly vulnerable to this highly contagious disease,” said Craig Smith, M.D., acting director, New River Health District.

Typical flu symptoms include fever, dry cough, sore throat, runny or stuffy nose, headache, muscle aches and extreme fatigue. The flu season in southwest Virginia usually peaks in January and February, so there is still time to protect yourself and those whose lives you touch.

Annual vaccination is recommended for everyone over six months of age, and is especially recommended for the following high-risk groups:

- Persons at high risk for complications, including children ages six months to five years, pregnant women, people 50 years of age and older, people of any age with certain chronic medical conditions and people who live in nursing homes and other long term care facilities.
- People who live with or care for those at high risk for complications, including household contacts of persons at high risk, household contacts and caregivers of children less than six months of age (these children are too young to be vaccinated as their bodies will not respond to the vaccine well enough to be helpful, it is not a safety issue) and health care workers.

For more information, call your local health department, or visit [www.vdh.virginia.gov](http://www.vdh.virginia.gov).

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