

# Town of West Hartford

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50 South Main Street

West Hartford, CT 06107-2431

FOR IMMEDIATE RELEASE

## **Flu Shot Clinic, Saturday, February 3, 10:00 AM-12:00 PM**

WEST HARTFORD, CONN. (January 26, 2018) – The State of Connecticut Department of Public Health has issued alerts that influenza (the flu) is now widespread in Connecticut.

Influenza is a serious disease that can lead to hospitalization and sometimes even death. Every flu season is different, and flu infection can affect people differently. Even healthy people can get very sick from the flu and spread it to others.

The best protection from the flu is a flu shot. If your health care provider no longer has flu vaccine available, and you, or someone you know wants to get a flu shot, the West Hartford-Bloomfield Health District (WHBHD) can provide flu vaccinations for anyone 4 years of age and older.

In collaboration with the WHBHD, the West Hartford Public Schools will be hosting a flu immunization clinic on Saturday, February 3, 2018 from 10 AM to 12:00 PM at the West Hartford Town Hall Auditorium, 50 South Main St.

The WHBHD will bill your insurance directly so there is no out-of-pocket costs. Accepted insurance carriers are Aetna, CIGNA, Anthem, Connecticare, Husky and Medicare Part B. For all others, the cost is \$30.00, payable by cash or check.

If you are unable to make the February 3 clinic, WHBHD can also provide the immunization at their office located at 580 Cottage Grove Rd., Suite 100, Bloomfield. Call ahead to make an appointment at 860-561-7900.

(more)

In addition, the Centers for Disease Control and Prevention recommends the following preventive measures, in addition to a flu shot:

1. Avoid close contact. Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.
2. Stay home when you are sick to help prevent spreading your illness to others. If possible, stay home from work, school, and errands when you are sick.
3. Cover your mouth and nose with a tissue when coughing or sneezing to prevent those around you from getting sick.
4. Wash your hands often to help protect yourself from germs. If soap and water are not available, use an alcohol-based hand rub.
5. Avoid touching your eyes, nose or mouth. Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.
6. Practice other good health habits. Clean and disinfect frequently touched surfaces at home, work or school, especially when someone is ill. Get plenty of sleep, be physically active, reduce your stress, drink plenty of fluids, and eat nutritious food.

For additional information on how to fight the flu and stay health, visit

[www.cdc.gov/flu/protect/habits.htm](http://www.cdc.gov/flu/protect/habits.htm)

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### **MEDIA CONTACTS**

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