

PRESS RELEASE



For immediate release:

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**Prince George's County Health Department Releases Flu Shot Clinic
Schedule for 2018 Season**

LARGO, MD – The Prince George's County Health Department released its schedule of when and where residents can get free influenza vaccinations for the 2018 flu season. Clinics are open to all county residents and no appointments are necessary. People younger than 18 must be accompanied by a parent or a guardian. Injectable flu vaccines will be available to anyone 6 months and older.

SCHEDULE

Community Flu Clinics

Saturday, September 29

Mt. Rainier Nature & Recreation Center
4701 31st Place
Mt. Rainier, MD 20712
1 p.m. to 6 p.m.

Thursday, October 11

Springhill Lake Recreation Center
6101 Cherrywood Lane
Greenbelt, MD 20770
1 p.m. to 7 p.m.

Saturday, October 13

Turner Memorial AME Church
7201 16th Place

Hyattsville, MD 20783
10 a.m. to 2 p.m.

Sunday, October 14

Woodstream Church
9800 Lottsford Road
Mitchellville, MD 20721
8 a.m. to 1 p.m.

Thursday, October 18

Pallotti High School
113 St. Mary's Place
Laurel, MD 20707
10 a.m. to 6 p.m.

Saturday, November 3

Wayne K. Curry Sports & Learning Complex
8001 Sheriff Road
Landover, MD 20785
10 a.m. to 3 p.m.

Health Department On-site Flu Clinics

Starting Monday, October 1

Cheverly Health Center
3003 Hospital Drive Suite 2082
Cheverly, MD 20785
Monday through Friday, 9 a.m. to 3 p.m.

Starting Wednesday, October 3

D. Leonard Dyer Regional Health Center
9314 Piscataway Road Suite 175
Clinton, MD 20735
Wednesdays, 9 a.m. to 3 p.m.

The Prince George's County Health Department encourages all residents to get vaccinated for the flu. It is a contagious respiratory illness caused by [influenza viruses](#). It can cause mild to severe illness. Serious outcomes of flu infection can result in hospitalization or death. Some people, such as older people, young children, and people with [certain health conditions](#), are at high risk of serious flu complications.

People who have the flu often feel some or all of these signs and symptoms that usually start suddenly, not gradually:

- Fever or feeling feverish/chills (*not everyone with flu will have a fever*)
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches

- Headaches
- Fatigue
- Vomiting and diarrhea (more common in young children than in adults)

You may be able to pass on the flu to someone else before you know you are sick, as well as while you are sick. Although people with the flu are most contagious in the first 3-4 days after their illness begins, some otherwise healthy adults may be able to infect others beginning 1 day before symptoms develop and up to 5 to 7 days after becoming sick.

How to Prevent the Flu:

Get your flu shot- the flu vaccine can help prevent the flu or reduce your symptoms if you become ill

Cover your cough and sneeze- this reduces the chance of spreading the virus to others

Avoid or limit contact with people you know are sick with the flu

Stay home if you are sick- you should stay home until at least 24 hours after you are fever free without the use of medications to reduce your fever

Wash your hands frequently (if soap and water not available, use hand sanitizer)

Avoid touching your eyes, nose, and mouth- this lessens the possibility of the virus entering your body through mucous membranes

Clean high touch or shared surfaces/equipment/objects frequently- surfaces and objects can be contaminated with the flu virus and spread to you if you touch it and then touch your mouth, nose, or eyes.

For more information on flu prevention, visit <https://www.cdc.gov/flu/consumer/prevention.htm>

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