



Ed Day, Rockland County Executive

FOR IMMEDIATE RELEASE

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Contact: John Lyon, Director of Strategic Communications (845) 638-5645
Patricia Schnabel Ruppert, D.O., M.P.H., CPE, DABFM, FAAFP (845)
364-2512

**HEALTH DEPARTMENT SCHEDULES ADDITIONAL
FLU VACCINE CLINICS**

For anyone 6 months and older, at several locations in Rockland

NEW CITY, NY - - Rockland County Executive Ed Day and County Health Commissioner Dr. Patricia Schnabel Ruppert announce that the Health Department has scheduled additional flu vaccine clinics for the 2019 – 2020 flu season.

The Health Department is offering the vaccine to anyone 6 months and older. Clinics will be at the following times and locations:

- **Friday, November 1**, from 1:00 pm - 4:00 pm at the Spring Valley Village Hall, located at 200 North Main Street in Spring Valley.
- **Friday, November 8**, from 1:00 pm - 4:00 pm at the Robert Yeager Health Center, Building A, second-floor clinic area, located at 50 Sanatorium Road in Pomona.
- **Friday, November 15**, from 9:00 am - 12:00 pm at the Robert Yeager Health Center, Building A, second-floor clinic area, located at 50 Sanatorium Road in Pomona.
- **Friday, November 22**, from 1:00 pm to 4:00 pm at the Robert Yeager Health Center, Building A, second-floor clinic area, located at 50 Sanatorium Road in Pomona.

The vaccine is free of charge if you:

- are 65 years and older (please bring identification with proof of age)
- have Medicare or Medicaid (please bring your card)
- are uninsured or underinsured

No appointments are needed. There is a \$20 fee for those 6 months through 64 years old. Cash or checks will be accepted. For those with private health insurance, we will provide you with a receipt to submit to your health insurance for possible reimbursement.

The Health Department is giving the quadrivalent flu vaccine, which does not contain preservatives, including thimerosal. The vaccine is called quadrivalent because it offers protection against four different flu virus strains that research shows will be most common during this flu season: two influenza (flu) A virus strains and two influenza B virus strains. It is recommended that you wait for 15 minutes after being vaccinated, so that you can be observed for any reaction.

The flu is a serious disease that can lead to hospitalization and sometimes even death. Even healthy people can get very sick from the flu and spread it to others. Everyone six months of age and older should get the flu vaccine each year. "The most effective way to protect yourself and your loved ones from the flu is by getting a flu vaccination. Flu season peaks in January or February and can last until May. Getting a flu shot now offers protection for you through the holidays, and for the rest of the flu season," said Dr. Ruppert.

For more information about the flu and the flu vaccine clinics, visit our [Influenza \(Flu\)](#) page or call (845) 364-2534.

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