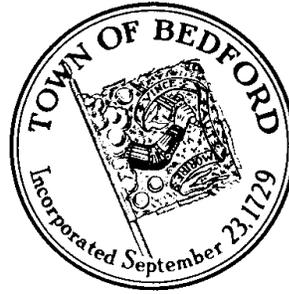


**TOWN OF BEDFORD**  
**BEDFORD, MASSACHUSETTS 01730**

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**BOARD OF HEALTH**

Beatrice Brunkhorst, Co-Chair    Anita Raj  
Tom Kinzer, Co-Chair            Sarah Thompson  
   Kevin Wormstead

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Joyce Cheng, RN, Community Health Nurse

**Press Release**

The Bedford Board of Health is pleased to announce that the Town Wide Flu Clinic is scheduled for Saturday, October 19<sup>th</sup>, 9 AM - 1 PM at the John Glenn Middle School Cafeteria. It is estimated that up to 2,800 people in Bedford will get the flu this season. Influenza (flu) is contagious and can be spread by coughing, sneezing and close contact. The symptoms of flu include:

- Fever or chills
- cough
- headache
- sore throat
- muscle aches and fatigue
- runny or stuffy nose

While anyone can get the flu, young people, people 65 and older, pregnant women, and people with certain health conditions – such as heart, lung or kidney disease or a weakened immune system - can get much sicker. Flu can cause high fevers, pneumonia, and make existing medical conditions much worse. In children, where the rates of infection are often higher, it can cause high fevers, diarrhea and seizures.

By getting the flu vaccine you protect not only yourself from getting the flu, you also help to keep it from spreading to those around you; your family, friends and co-workers. Flu vaccine is the best protection we have from flu and its complications.

The Bedford Town Wide Flu Clinic is open to residents of Bedford 6 months of age and older. It is free of charge for everyone; however, the Board of Health will bill your insurance company, if you have insurance. As such it is important for you to bring insurance cards to these clinics as we may be able to be reimbursed for the cost and administration of the flu vaccine. These reimbursements pay for the vaccine we provide each year and enable this program to continue.

At the clinic, children under the age of 18 must be accompanied by a parent or guardian. Children 8 year of age or younger may need a second dose depending on their previous flu vaccination. Please speak to your pediatrician if you have any question or concerns about the influenza vaccine for your child.

There will also be two additional opportunities for Bedford seniors, over the age of 65, to receive flu vaccine this year. An open clinic will be held at the Council on Aging on Thursday, October 10<sup>th</sup> from 9 AM to 11 AM. Additionally, appointments are being accepted at the Council on Aging for a limited supply of high dose flu vaccine to be administered on Thursday, October 17<sup>th</sup>. Contact the Council on Aging at 781-275-6825 for an appointment to receive high dose flu vaccine.

We ask that anyone receiving a vaccination wear clothing that allows for easy access to their arm for vaccine administration. If you have any questions about the clinics or the Flu Vaccine please contact the Board of Health at 781-275-6507 or visit the Board of Health website at [www.bedfordma.gov/health](http://www.bedfordma.gov/health).