



# Macon County Public Health

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## Press Release

(Franklin, NC) –The first and most important step in protecting you and your family from the flu virus is to get a flu vaccine every flu season, and it is more important than ever with this flu season coinciding with the COVID-19 pandemic. Starting Wednesday, October 5, 2022, the Macon County Health Department will offer the following flu vaccination clinics:

<b>General public</b>	<b>10/05/2022</b>	<b>Macon County Health Department Drive Thru Flu 1830 Lakeside Dr, Franklin, NC</b>	<b>1:30 PM to 5:30 PM</b>
<b>General public</b>	<b>10/11/2022</b>	<b>Highlands Recreation Center 600 N 4<sup>th</sup> St, Highlands, NC</b>	<b>1:30 PM to 4:00 PM</b>
<b>General public</b>	<b>10/12/2022</b>	<b>Macon County Health Department Drive Thru Flu 1830 Lakeside Dr, Franklin, NC</b>	<b>1:30 PM to 4:30 PM</b>
<b>Seniors 65 +</b>	<b>10/13/2022</b>	<b>Macon County Senior Center Drive Thru Flu 108 Wayah St, Franklin, NC</b>	<b>9:00 AM to 12:00 PM</b>
<b>General public</b>	<b>10/19/2022</b>	<b>Macon County Health Department Drive Thru Flu 1830 Lakeside Dr, Franklin, NC</b>	<b>10:00 AM to 12:00 PM</b>

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<b>General public</b>	<b>10/19/2022</b>	<b>Nantahala School 213 Winding Stairs Rd, Tipton, NC</b>	<b>2:00 PM to 4:00 PM</b>
<b>General public</b>	<b>Continuing every Wednesday until supplies are gone</b>	<b>Macon County Health Department Drive Thru Flu 1830 Lakeside Dr, Franklin, NC</b>	<b>1:30 PM to 4:30 PM</b>

**Regular dose \$34**

**High dose (recommended for those 65+) \$73**

People should bring their insurance cards with them to the flu vaccine clinic. If they do not have insurance, or the insurance does not cover flu shots, the vaccine will still be available at no charge.

Jennifer Garrett, Macon County Clinical Services Section Administrator/DON, said. "We encourage everyone to come to the Macon County Public Health Department's flu clinic or go to their closet pharmacy to get their flu shot." Contact your health care provider or visit [vaccinefinder.org](https://www.vaccinefinder.org) to find a convenient location to get a flu vaccination near you. The majority of the health department's flu vaccine clinics are drive thru, making it easy for community members with mobility issues to get their flu shot.

Annual flu vaccination is recommended for most adults and children six months and older. Some people are more likely to have serious health problems if they get the flu. This includes older adults, young children, pregnant women, people with chronic health conditions (such as asthma, diabetes, or heart disease), people who smoke, and people who live in nursing homes. It is also recommended that friends, family members and people who provide care to people in these groups also get a vaccine—not only to protect themselves but also to decrease the possibility that they might expose the people they love and care for to the flu.

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The flu vaccine is safe and does not cause the flu. Some people may have mild soreness and redness near the site of the shot and a low fever or slight headache. There are very few medical reasons to skip the flu vaccine. These include life-threatening allergic reactions to a previous dose of the flu vaccine or an ingredient in the vaccine. People with allergies to vaccine ingredients can often receive the vaccine safely, if it is given in a doctor's office where they can be monitored.

The flu is easily spread through coughing or sneezing and by touching something then touching their nose or mouth. Good hand washing habits are important in preventing the flu; however, the best way to prevent the flu is to get the vaccine.

For more information, go to [www.cdc.gov/flu](http://www.cdc.gov/flu) or <https://immunization.dph.ncdhhs.gov/>