

Timothy M. Soucy, MPH, REHS
Public Health Director

Anna J. Thomas, MPH
Deputy Public Health Director



BOARD OF HEALTH
Rosemary M. Caron, PhD, MPH
Robert A. Duhaime, RN, MBA, MSN
Fernando Ferrucci, MD
Elaine M. Michaud, Esq.
Christopher N. Skaperdas, DMD

CITY OF MANCHESTER

Health Department

For Immediate Release

Contact Person: Susan Myers, R.N., M.Ed.

October 1, 2013

(603) 628-6003 Ext. 335

THE MANCHESTER HEALTH DEPARTMENT REMINDS THE COMMUNITY OF THE IMPORTANCE OF RECEIVING AN ANNUAL FLU SHOT

The Manchester Health Department is reminding the community of the importance of receiving an annual flu shot. Routine vaccination is the safest and most effective way to maintain good health and avoid spreading influenza to others. The Centers for Disease Control and Prevention recommends a yearly flu vaccine for everyone 6 months of age and older as the first and most important step in protecting against this serious disease.

Tim Soucy, Public Health Director at the Manchester Health Department states, "Stepping up to receive your flu vaccine helps to maintain the health of our entire community." While there are many different flu viruses, the flu vaccine is designed to protect against the main strains circulating during the season. Soucy concludes, "Getting the flu vaccine as soon as it becomes available is always a good idea. The protection you get from vaccination will last throughout the flu season."

Adult flu vaccine is available at the Manchester Health Department during the clinic times outlined below.

Tuesday, October 1, 2013:	4:00-6:00 pm
Thursday, October 3, 2013:	9:00-11:00 am
Friday, October 4, 2013:	1:30-3:30 pm
Tuesday, October 22, 2013:	3:00-5:00 pm
Thursday, October 24, 2013:	9:00-11:00 am
Friday, October 25, 2013:	1:00-3:00 pm
Tuesday, October 29, 2013:	3:30-5:30 pm
Thursday, October 31, 2013:	9:00-11:00 am
Friday, November 1, 2013:	1:00-3:00 pm

The clinics are held on a walk-in basis; no appointment is necessary. The fee is \$20.00. The Manchester Health Department is located at 1528 Elm St. Please call (603) 624-6466 for additional information on flu prevention.