



Robert P. Astorino, Westchester County Executive

NEWS RELEASE

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ASTORINO ANNOUNCES FREE CATCH UP VACCINE CLINIC Health Commissioner Urges All Residents to Get Flu Shots and Other Needed Vaccines

Before the holiday season kicks into high gear, give yourself and your family the gift of good health – get the vaccines you need at a free vaccine clinic provided by the Westchester County Health Department on Dec. 9 at the Westchester County Center, from 10 a.m. to 6 p.m. Supplies are limited, so please register in advance.

“Make your health a priority this holiday season by registering for our free vaccine clinic for Westchester County residents,” said County Executive Robert P. Astorino.

The health department clinic will offer:

- free flu vaccines to residents ages 4 and up and
- free HPV and meningococcal vaccine for college students.

Residents who are uninsured or whose insurance doesn't cover vaccines also may receive these vaccines:

- Zoster vaccines for ages 60 and up to protect against Shingles
- MMR for women of childbearing age who neither received this vaccine nor had the diseases measles, mumps and rubella
- Tdap for residents ages 19 and up who never received a Tdap vaccine. This vaccine provides protection against tetanus, diphtheria and pertussis and is especially important for adults who spend time with infants, who are not fully protected from these diseases.

Westchester residents are encouraged to register at www.health.ny.gov/Go2Clinic. Residents without internet access can call 914-995-7425. Walk-ins are also welcome. Supplies of each vaccine are limited and are not guaranteed.

“Good health is our most precious gift at any time of year,” said Sherlita Amler, MD, Commissioner of Health. “Sign up as soon as possible for this clinic, because we are offering residents the chance to catch up on a variety of safe and effective vaccines they may have missed, and some of them are quite costly. Families should also schedule flu shots right away for family members six months and older – including pregnant women.”

More

To date, the health department has expanded access to adult vaccines by giving nearly 1,000 vaccines at clinics at the County Center, Westchester Community College and at Hope Community Center, New Rochelle; Grace Church, White Plains; Neighbors' Link, Mount Kisco and Don Bosco Center in Port Chester. In addition to flu shots, residents also were offered vaccines that provide protection against pertussis, pneumonia, measles, mumps and rubella, HPV and shingles.

Each year in the U.S., about more than 200,000 people are hospitalized with flu complications. People most at risk for complications from the flu include pregnant women, adults age 50 and older, children under the age of five and their caregivers, residents of nursing homes and other long-term care facilities and anyone who has certain underlying medical conditions.

To prevent spreading the flu, cough or sneeze into your elbow and wash your hands often with soap and water. If you do get a respiratory infection, stay home until 24 hours after your fever subsides to avoid spreading your germs. Clean surfaces you touch frequently, such as doorknobs, water faucets, refrigerator handles and telephones. Get plenty of rest, exercise and eat healthy food.

For more information about the flu, contact the Westchester County Department of Health at (914) 813-5000 or go to www.westchestergov.com/health; Like us on [Facebook.com/wchealthdept](https://www.facebook.com/wchealthdept) and Follow us on [Twitter @wchealthdept](https://twitter.com/wchealthdept).