

Longmeadow Board of Health

Fall of 2010 –Winter of 2011 FLU SHOT CLINCS

The Longmeadow Board of Health is planning on holding multiple flu shot clinics open to Longmeadow residents ages 18 years of age or older beginning (barring unforeseen circumstances) in October. The schedule of clinics will be issued in September.

In accordance with new public health guidelines, seasonal flu vaccination is recommended for anyone age 18 years of age or older with no restrictions. However, the first few clinics will be open only to individuals in the highest risk target groups: individuals over age 65, individuals under age 65 who have chronic illnesses and other individuals over age 50. Once the highest risk target groups have been served, clinics will then be open to any other adults who wish to receive the vaccine.

Also, this year's vaccine will provide immunity to seasonal flu as well as to H1N1 flu. The immunity provided by last year's H1N1 flu shots has waned. Therefore, by adding the H1N1-protective component to the seasonal flu shot, individuals can receive full protection without taking two shots (as was required last year).