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**Delaware County Announces Two Free Public Flu Shot Clinics**

It's hard to believe that the fall season is already here, which means cooler temps, and unfortunately the start of flu season.

The intensity and severity of flu seasons are difficult to predict and the effectiveness of the vaccine is dependent on many variables. The U.S. Centers for Disease Control and Prevention (CDC) has found immunization reduces the risk of flu illness by 40-60 percent during seasons when most circulating flu viruses are well-matched to the flu vaccine.

Receiving a flu shot is the first and most important step in preventing the flu and decreasing the risk of severe flu-related illnesses. Each year, 200,000 people in the United States are hospitalized due to complications from the flu. The CDC recommends that everyone six months and older should get vaccinated against the flu. It is recommended that residents receive flu shots by the end of October for the most effective results.

Delaware County Council urges all residents to get their annual flu shot, which is the best way to protect yourself, family, friends and co-workers from getting sick.

Delaware County Council and the County's Department of Intercommunity Health want to make it as convenient as possible for people to get vaccinated. The County is offering two free, drive-through flu shot clinics this year. The drive-through makes it more convenient for our older residents, those with disabilities and also parents with small children.

This year's flu shot clinics:

October 12<sup>th</sup> at the Middletown Fire Station (425 S. New Middletown Road, Media, PA)  
October 19<sup>th</sup> at the Tinicum Fire Station (99 Wanamaker Ave., Essington, PA)

Both clinics will be held from 10am-2pm. No registration is needed.