

Take Care of Yourself and the People You Care About

BE A HERO – GET A FLU SHOT!



Flu vaccine is available at a school near you from 4-7 p.m. – children and adults.

September 30	Asheville Middle
October 1	North Windy Ridge
October 2	AC Reynolds High
October 3	TC Roberson High
October 7	Owen High
October 8	Enka Middle
October 9	Erwin High

Flu vaccine (shots or nasal mist) will be available for anyone over 6 months old.

Cost: Flu shot \$26, Flu mist \$33.

We accept Medicaid, Medicare, private insurance, and self-pay (cash, check, debit or credit card).

Those with no insurance may qualify for no cost vaccine based on eligibility.

FOR FLU FACTS

Visit buncombecounty.org/flu

Or call our local flu hotline: **(828) 250-6400**

A message from
BUNCOMBE COUNTY
HEALTH & HUMAN SERVICES



In partnership with



This year, Buncombe County Health and Human Services is teaming up with Maxim Healthcare Services to bring flu vaccines to seven Buncombe County schools throughout our community.

The CDC recommends that all individuals six months and older get the flu vaccine each and every year. The flu vaccine is very effective for an entire year, so there is no benefit to waiting until you believe the flu season is peaking. Since the flu season sometimes begins in October, Buncombe County will be offering vaccines beginning Sept. 30 at a school near you.

Two forms of the flu vaccine will be available at local Community Flu Vaccine Clinics. We will offer flu mist, which is available for healthy individuals ages 2-49, and the flu shot, which is available for anyone over six months of age.

Flu shots will cost \$26, and the flu mist will be \$33. We accept Medicaid, Medicare, private insurance, and self-pay (cash,

check, debit or credit card). Those with no insurance may qualify for no-cost vaccine based on eligibility.

Be a hero, and get a flu vaccine this month. Flu shots are usually available from your health care provider, drug stores, and grocery stores. Vaccines are also available at our Immunization Clinic located at 40 Coxe Avenue in downtown Asheville, across the street from the post office and bus station. Parking is free. Anyone six months and older may receive a flu vaccine at this location without an appointment Mon.-Fri. between the hours of 8 a.m.-5 p.m.



For more information call the Flu Hotline at 250-6400, or visit our website at www.buncombecounty.org/flu.

FLU MYTHS

Flu Myth #1: The flu shot can give you the flu.

Not true – The flu viruses used in the flu shot are inactivated (or killed), which means the vaccine cannot cause the virus. Batches of the flu vaccine are tested after they are manufactured to make sure they are safe. It takes about two weeks to get full protection after getting your flu shot.

If someone becomes sick with the flu within two weeks of getting their flu shot, it is because they were exposed to the flu just before or just after getting the flu shot, and before they were fully protected. It's better to get your flu vaccine early—before there is a lot of flu activity in the community—and then you will reduce your risk of getting the flu before your flu shot is fully protective.

Flu Myth #2: It is better to get the flu than the vaccine.

Not true – The flu is actually a serious disease, especially in younger children, older adults, and individuals with certain chronic health conditions. Each year thousands of people, young and old, die from flu illness.

Flu Myth #3: I never get sick, so I don't need the flu shot.

Not true – Even healthy people can get the flu. Not only does getting the flu vaccine protect you, it also protects those in communities who have weaker immune systems or are unable to receive the vaccine. Babies under 6 months of age cannot get flu vaccine and count on the rest of us to prevent them from getting the flu.

Flu Myth #4: I want to wait until the flu starts peaking before I get the flu shot, so it will be more effective.

Not true – Flu season can be unpredictable. Even though the peak months are usually January and February, the flu can appear as early as October. Flu vaccine offers full protection for an entire year so there is no reason to put off getting the flu vaccine. It is best for people to get vaccinated earlier in the season so they have full protection of the flu shot before flu spreads through the community.