



CITY OF MARLBOROUGH

BOARD OF HEALTH

255 Main Street, Room 101

Marlborough, Massachusetts 01752

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PUBLIC SERVICE ANNOUNCEMENT

SEASONAL INFLUENZA

Influenza (the FLU) is a contagious respiratory illness caused by influenza viruses. It can cause mild to severe illness, and at times can lead to death. Some people, such as older people, young children, and people with certain health conditions, are at higher risk for serious flu complications. The best way to prevent the flu is by getting vaccinated each year.

This season's flu vaccine will protect against the three influenza viruses that research indicates will be most common during the season. This includes influenza A (H1N1) virus, an influenza A (H3N2) virus and an influenza B virus.

Most of the viruses characterized so far this season have been H3N2 viruses, **which are typically associated with more severe seasons.** (CDC)

It is not too late to get a flu shot. Typically the flu season starts in December in this area and lasts until May. However, this year the Marlborough Board of Health started receiving reports of flu in November.

The Marlborough Board of Health is offering **free walk in flu clinics every Monday, Tuesday and Wednesday from 2 to 4pm and Thursday and Friday from 9 to 11am.** The vaccine is free to the public.

Insurance information will be taken so please bring your card. The vaccine is also free to those without insurance.

Cost: **FREE**

Vaccines available are:

- Injectable
- Flumist (for ages 2 to 49 years)
- High Dose (65 years and older)

Location: Walker Building
255 Main Street
Room 109
Marlborough

Times: Monday, Tuesday, Wednesday 2PM-4PM
Thursday and Friday 9AM-11AM

For any questions, please call the Marlborough Board of Health at 508 460-3751.