



## CLIFTON HEALTH DEPARTMENT

---

900 Clifton Avenue  
Clifton, NJ 07013

# CLIFTON HEALTH DEPARTMENT UPCOMING FLU CLINICS FOR CLIFTON AND LITTLE FALLS RESIDENTS

**For Immediate Release**

October 1, 2024

**Contact: Loyal Helwani, MPH, CHES**  
**Health Educator**  
**973-470-5773**

The Clifton Health Department will be offering **FREE** seasonal flu vaccines for **Clifton and Little Falls residents 6 years of age and older** on the following dates, times and locations:

- **Monday, October 21, 2024, from 3:00pm-5:00pm at the Township of Little Falls Municipal Building, located at 225 Main St., 2<sup>nd</sup> Floor, Little Falls, NJ 07424**
- **Wednesday, October 23, 2024, from 9:00am-11:00am at the Clifton City Hall Court Room, located at 900 Clifton Ave., Clifton, NJ 07013**
- **Wednesday, October 30, 2024, from 2:30pm-4:30pm at the Clifton City Hall Court Room, located at 900 Clifton Ave., Clifton, NJ 07013**
- **Thursday, November 7, 2024, from 2:30pm-4:30pm at the City of Clifton Satellite Office, located at 207 Parker Ave., Clifton, NJ 07011**

**While the flu shot will be free, individuals with Medicare Part B as their primary insurance who are not enrolled in an HMO will be asked to present their Medicare card at the time of vaccination.**

A limited number of high-dose flu vaccines will be available. The high-dose flu vaccine is a special vaccine designed for older adults aged 65 and older that helps boost the immune response, providing stronger protection against the flu.

The flu is caused by viruses that infect your nose, throat, and lungs. It is easily spread from person-to-person when someone with the flu coughs, sneezes, or talks. It is also possible to get the flu by touching a surface or object that has the flu virus on it, and then touching your mouth, nose, or eyes. Anyone can get the flu, even those that are healthy. However, some people are at high-risk of developing serious complications if they are sick with the flu, including: children under 5 years old, adults 65 years of age or older, pregnant women, and people with chronic health conditions (asthma, diabetes, or weakened immune systems).

The best actions you can take to protect yourself are to get the yearly flu vaccine and to practice healthy habits, such as covering coughs and sneezes with a tissue or upper sleeve, washing your hands often, avoiding sick people, and cleaning commonly touched objects and surfaces.

The Clifton Health Department encourages the community to stay safe this flu season! For more information on these upcoming clinics, please call 973-470-5760.

*The Clifton Health Department is a contractual health agency serving the Township of Little Falls.*

###