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**FOR IMMEDIATE RELEASE**

**Date:** August 31, 2012

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**Health Department Schedules Three Flu Clinics; First Set for September 10**

Brewster, NY—The start of the flu season is hard to predict. The recommendation from the Centers for Disease Control (CDC) is to get vaccinated as early as possible since it takes about two weeks for antibodies to develop and provide protection. The Putnam County Department of Health is hosting its first flu vaccination clinic on Monday, September 10 from 2 to 6:30 pm at the Carmel Fire Department, Route 52 and Vink Drive in Carmel. A second clinic will be held at the Garrison Fire Department, 1616 Route 9, on Wednesday, October 10 from 2 to 6:30pm; a third is scheduled at the Carmel Fire Department on Monday, October 15, again from 2 to 6:30pm.

The clinic is open to all Putnam County residents 18 years of age and older. The fee for flu vaccine is \$20 for residents under 60 years of age. Those 60 years and older, or with a Medicare card, can receive the vaccine free of charge. High-dose flu vaccine is being offered for seniors, aged 65 years and older, since studies show this vaccine is more effective for them. Pneumonia vaccine will also be available free for residents 65 years and older. For younger residents, who are smokers or have a history of asthma, which make the pneumonia vaccine advisable, there is a \$45 fee. Proof of residency (driver's license) is required.

Appointments are not necessary, but a signed consent form is required. Forms are available online at the Putnam County website. In order to streamline the onsite process, people are encouraged to download the forms, complete them and bring them to the clinic. Forms will also be available at the clinic if needed.

Flu vaccination will also be offered by the Health Department in most school districts this fall for students and staff. Check with the school nurse for details.

The Health Department's mission is to improve and protect the health of Putnam County residents through prevention of illness and injury. For more information, please visit our website at [www.putnamcountyny.com](http://www.putnamcountyny.com); or visit our social media sites on Facebook at [www.facebook.com/putnamhealth](http://www.facebook.com/putnamhealth) and Twitter @PutnamHealthNY.

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