

## Time To Get Your Flu Shot!

BY ERIC GROSS

Flu season is right around the corner and the Putnam Health Department has encouraged the public to receive their annual flu shots.

Commissioner of Health Dr. Michael Nesheiwat said getting vaccinated as early as possible had its advantages "since it takes two weeks for antibodies to develop and provide protection."

Putnam's first flu clinic of the season takes place next Monday, Sept. 25 from 2 p.m.

to 6:30 p.m. at the Carmel FD headquarters.

A second clinic is scheduled for Oct. 18 at the Garrison Firehouse on Route 9 and a third session will take place back at the Carmel Firehouse on Oct. 23.

The clinics are available to all Putnam residents aged 18 and older. A fee of \$25 will be charged to those under the age of 65 while those seniors aged 65 and over or individuals with a Medicare card will receive the vaccine free-of-charge.

Dr. Nesheiwat reported that "high-dose" flu vaccine will be offered to senior citizens aged 65 and older along with pneumonia vaccine.

Appointments are not necessary but a signed consent form is required.

Dr. Nesheiwat suggested that individuals planning to become inoculated download forms from the county website in order to streamline the process the day of the clinics.

The website's address is [putnamcountyny.gov/health](http://putnamcountyny.gov/health).