



Town of Lexington

Office of Community Development

Health Division
 1625 Massachusetts Avenue
 Lexington, MA 02420
 (781)-862-0500 x 200
 Fax (781)-861-2780

Gerard F. Cody, R.E.H.S./R.S.
 Health Director

David Neylon, R.N., BSN
 Public Health Nurse

Kathy P. Fox, R.S., C.H.O., C.F.S.P.
 Environmental Health Agent

Board of Health

Wendy Heiger-Bernays, PhD, Chair
 Sharon MacKenzie, R.N., CCM
 Burt M. Perlmutter, M.D.
 David Geller, M.D.
 John Flynn, J.D.

National Influenza Vaccination Week December 4 – 10, 2011

Get vaccinated this Wednesday, December 7, 2011. Both Injectable and Nasal spray (Flu mist) will be available at this free public health flu clinic at Lexington High School..

December 7, 2011 (Wednesday)	Lexington High School Media Room 251 Waltham St.	4:00PM 7:00 PM	All those 4 years and above	Flu Shot "Flumist"
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So far this year, the Town of Lexington Office of Community Development, Health Division, Public School Nurses and the Board of Health have vaccinated over 1,700 residents, (about half were under 19 years of age) for influenza. If you have not been vaccinated, it is not too late. Help the Town of Lexington recognize National Influenza week by participating in the upcoming flu clinic on Wednesday December 7, 2011 at Lexington High School.

Important Information for your to know about the clinics.

All vaccines will be provided at the upcoming clinic free of charge to Lexington residents on a first-come, first-served basis. Please wear loose fitting, or short-sleeved clothing so that you will be able to receive the flu shot. Please be prepared to wait 15 minutes after receiving a vaccine, especially if this is your first time receiving flu vaccine.

Information on Vaccines

- Injectable Flu vaccine ("The flu shot") The CDC recommends that everyone 6 months and older receive the flu vaccine each year. The flu shot is an "inactivated", or killed virus vaccine. *You can not get the flu from getting a flu shot.* Children, pregnant women, those 50 years and older, and those with chronic medical conditions or with compromised immune systems are at increased risk for complications if they get the flu.
- "Flumist" intranasal flu vaccine "Flumist" is a type of flu vaccine that is sprayed up each of one's nostrils. It provides the same protection against the flu as the flu shot, and without having to receive an injection. Whereas the flu shot is an inactivated, or killed virus vaccine, "Flumist" is a live, weakened flu virus vaccine. Because of this, *one must be between two (2) and forty-nine (49) years of age, healthy and not pregnant* to receive "Flumist".

For More Information

Please visit www.flu.gov and www.mass.gov/flu. For further information, please contact the Office of *Community Development, Health Division*, David Neylon, Public Health Nurse at 781-862-0500 x 281. The Lexington Board of Health brought this important message to you.