



For Immediate Release

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Town of East Hartford to Hold Flu Clinics for Residents Aged 55 or Older on October 16 and October 23

(September 30, 2015) **East Hartford, CT** – With the flu season coming up quickly, Mayor Marcia A. Leclerc urges all East Hartford residents age 55 and older, who have not yet received the 2015-2016 flu vaccine, to consider obtaining it on Friday, October 16th and Friday, October 23rd at the South End Senior Center. The East Hartford Department of Health is holding free flu clinics on these dates from 1:00 PM to 3:30 PM at the Center's location at 70 Canterbury Street in East Hartford. Proof of age and residency is required.

Ninety percent of deaths during a typical seasonal flu season occur in people older than 65, according to statistics from the Center for Disease Control. Even though seniors are especially at high risk, 66 percent of them receive the vaccine, and this number is diminishing.

“It is every individual's responsibility to put prevention to good use and make vaccination part of their routine healthcare,” according to Mayor Marcia A. Leclerc.

In addition to the flu vaccine, people should practice frequent hand washing, use waterless hand cleaners when water is unavailable, avoid those who are ill, stay at home if sick with the flu and practice cough/sneeze etiquette (i.e., cough/sneeze into bend of elbow). Prescription antiviral medicines are available for use in certain circumstances.

For more information on this free health clinic, please call the health department at 860-291-7324.

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