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## Town of Randolph

### Public Health Department

41 South Main Street • Randolph, MA 02368

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[www.townofrandolph.com](http://www.townofrandolph.com)

## November 2020 Flu Clinic Dates

*Randolph Intergenerational Community Center*

*128 Pleasant Street*

Get vaccinated to prevent Influenza at the Town of Randolph Flu Clinics. Influenza Vaccine will be available at the *Randolph Intergenerational Community Center on the dates and times listed below;*

Day	Date	Time	Clinic Type
Wednesday	November 4, 2020	3:00 PM – 7:30 PM	<i>Inside RICC Gym</i>
Monday	November 9, 2020	11:45 AM – 1:00 PM	<i>Outdoor Drive through- Stay in Car</i>
Monday	November 16, 2020	11:45 AM – 1:00 PM	<i>Outdoor Drive through- Stay in Car</i>
Monday	November 23, 2020	11:45 AM – 1:00 PM	<i>Outdoor Drive through- Stay in Car</i>
Monday	November 30, 2020	11:45 AM – 1:00 PM	<i>Outdoor Drive through- Stay in Car</i>

The influenza vaccine will be available as an injection (*shot*) to all that are age five (5) and over. A nasal spray will also be available for those persons who prefer this vaccination method and who are medically eligible to receive this vaccine. Residents over the age of sixty-five (65) will be offered a high dose vaccine. In order to get vaccinated, participants are required to bring their health insurance cards. This allows the town to be reimbursed for administering vaccine at no cost to the participant. All vaccines will be provided at the upcoming clinic on a first-come, first-serve basis. Residents without health insurance will still receive a flu shot. Translation services will be available on site.

### Getting to Randolph Intergeneration Community Center, (RICC)

Enter at 128 Pleasant Street. Once you reach the parking lot for the *RICC*, there will be signage in the parking lot directing you to the clinic entrance. Upon arrival you will be greeted by a *Medical Reserve Corp* (MRC) volunteer. There will be Town of Randolph Health Department staff and MRC volunteers wearing colorful identification vests to answer any of your questions. Families should stay together, and will be vaccinated together.

Although vaccination is the most effective way to prevent getting the flu, there are other methods that may also help you stay healthy. Wash your hands frequently. Cover your cough with a tissue or the inside of your elbow. Throw the tissue out afterward. Try to keep from touching your eyes and mouth with your hands. Stay home when you are sick. This will help prevent others from getting ill.

If you can't make any of these clinic dates, you may contact the Randolph Public Health Department at 781-961-0924 or by email at [gcody@randolph-ma.gov](mailto:gcody@randolph-ma.gov) to learn about getting vaccinated. If you would like more information on the Flu and Flu Vaccine, please visit [www.mass.gov/flu](http://www.mass.gov/flu) and [www.flu.gov](http://www.flu.gov).

## **Common Questions and Answers about the flu**

### **What is flu?**

Flu is a disease of the body's breathing system, including the nose, throat and lungs. Flu is short for "*influenza*." Flu is caused by a virus.

### **What are the symptoms of flu?**

The most common symptoms of flu are fever, cough, and sore throat.

### **Is flu serious?**

Yes, flu can be very serious. Every year in the U.S. seasonal flu causes thousands of hospital admissions and deaths.

### **How does flu spread?**

The flu virus is in the wet spray (*droplets of saliva and mucus*) that comes out of the nose and mouth of someone who coughs or sneezes. If you are close enough to a person with the flu (*3 - 6 feet*) when they cough or sneeze, you can breathe in the virus and get sick. Flu symptoms start 1 - 4 days (*usually 2 days*) after a person breathes in the virus. Flu is spread easily from person to person. The virus can also live for a short time on things you touch like doorknobs, phones and toys. After you touch these objects, you can catch the virus when you touch your mouth, nose, or eyes. Adults with flu can spread it from about one day before symptoms appear to about one week after. Children can spread the flu even longer after they get sick.

### **Who should get the flu vaccine?**

Everyone 6 months of age and older should be vaccinated for flu. The only exceptions are people with a severe allergy to something in the vaccine. It is especially important that the people listed below get a flu shot every year. Public Health Clinics do not vaccinate children under five, (5) years of age.

### **How do I know if I have the flu?**

If you have fever with cough or sore throat, you may have the flu. If you think you have the flu, stay home from work and school and avoid contact with others so you do not spread the virus. If you think you might have flu and you need to see your doctor.

### **How can I prevent getting the flu?**

Get flu vaccine every year as soon as it is available. Wash your hands often with soap and water, or use an alcohol-based hand gel. Cough or sneeze into a tissue or into the inside of your elbow if you don't have a tissue. Throw tissues away and wash your hands. Always wash your hands before touching your eyes, nose or mouth. Use household cleaners to clean things that are touched often, like door knobs, toys, and phones. Avoid close physical contact with people who are sick. Try to stay at least 3-6 feet from someone who is sick with the flu.

### **What to do if I do have the Flu?**

Stay home from work and school if you get sick with a flu-like illness (*fever with cough or sore throat*) and avoid contact with others so the virus does not spread. Stay at home until you have been free from fever for at least 24 hours after your last dose of fever-reducing medication (*like Tylenol, Advil or Motrin*). For most people this will mean staying at home for about 4 days. People sick with flu should make sure to drink plenty of fluids, get plenty of rest, eat healthy foods, wash their hands often and stay home to avoid spreading the flu to other people. Over the counter pain relievers may help people with the flu feel more comfortable. Children and teens with the flu should never take aspirin, because a rare but serious disease called Reye syndrome can occur. Do not give cough or cold medicines to children younger than 4 years of age.