

**FOR IMMEDIATE RELEASE**

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## **GET YOUR FLU VACCINE AT ANY LOCAL HEALTH DEPARTMENT IN THE CENTRAL VIRGINIA HEALTH DISTRICT**

(Lynchburg, VA) – The Central Virginia Health District (CVHD) is now offering flu vaccine to the public. The flu vaccine is recommended for everyone six months of age or older. This year’s seasonal flu vaccine contains three components, one of which provides protection against the 2009 H1N1 virus that caused the pandemic last year.

The CVHD will offer flu vaccine during walk-in clinic hours at each of its local health departments during the times and dates provided below. The flu vaccine is available in both the nasal mist and injectable forms.

CVHD bills medical insurance plans for the flu vaccine. Flu vaccine is available at no cost to those eligible for the Vaccine for Children program. As vaccine availability is based upon supply, you should call ahead to ensure your local health department has flu vaccine available.

“As we approach the flu season this year remember the best way to protect you and your family from flu is to get the flu vaccine. Also be diligent in practicing good hygiene by; regularly washing your hands or using alcohol-based sanitizers when water is unavailable, covering your cough and sneezes, and staying at home when you are sick,” reminds Kerry Gateley, M.D., director of the Central Virginia Health District.

*(More)*

<b>Central Virginia Health District Flu Vaccine Clinics</b>		
<b><u>CVHD Health Departments</u></b>	<b><u>Telephone</u></b>	<b><u>Walk-In Clinic Days</u></b>
Amherst County 224 2 <sup>nd</sup> St. Amherst, VA 24521	434-946-9408	Wednesdays 8:30 – 10 a.m. 2 – 4 p.m.
Appomattox County 475 Court St. Appomattox, VA 24522	434-352-2313	Wednesdays 2 – 4 p.m. Thursdays 8:30 – 11 a.m.
Bedford County 600 Bedford Ave. Bedford, VA 24523	540-586-7952	Wednesdays 1:30 - 3:30 p.m. Fridays 9 – 11 a.m.
Campbell County 116 Kabler Ln. Rustburg, VA 24588	434-592-9550	Wednesdays 1:30 – 3:30 p.m. Friday 9 – 10:30 a.m.
Lynchburg City 1900 Thomson Dr. Lynchburg, VA 24501	434-947-6785	Mondays, Tuesdays, Thursdays 8:30 – 11 a.m. 1 – 3:30 p.m.

For more information about Central Virginia Health District’s flu vaccination efforts please call 434-947-6785 or visit [www.vdh.virginia.gov](http://www.vdh.virginia.gov).

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