



Town of Norfolk

Board of Health

1 Liberty Lane
Norfolk, MA 02056

The Norfolk Board of Health & Walpole Visiting Nurse Association, in partnership with Walgreens Pharmacy, will be offering a Flu Clinic for Norfolk Town Residents on:

Wednesday, October 16, 2019 from 9:00 am to 11:30 am at the Norfolk Senior Center, located at 28 Medway Branch Road.

MARK YOUR CALENDARS!!!!!!!!!!!!!!

The clinics are open to children ages 9 and older and are free for children 18 and under. No RSVP required. All adults aged 19 and older must bring their medical insurance cards to the clinic.

Influenza is a contagious respiratory illness that spreads from person to person through coughing, sneezing or close contact. Symptoms include: fever, sore throat, chills, fatigue, cough, headache, runny or stuffy nose and muscle aches. While other illnesses have the same symptoms and are often mistaken for influenza, only the influenza virus can cause influenza. The influenza virus can cause mild to severe illness. Each year, on average, more than 200,000 people are hospitalized for respiratory and heart-related illnesses associated with the influenza virus, and thousands die from flu-related complications in the United States. Most of these deaths occur in the elderly, young children, and people with certain health conditions. **The best way to prevent the flu is by getting vaccinated each year.**