



Town of Norfolk

Board of Health

1 Liberty Lane
Norfolk, MA 02056

Town of Norfolk Annual Seasonal Flu Clinic

The Norfolk Board of Health and Council on Aging, in conjunction with the Walpole Area Visiting Nurse Association, is sponsoring its annual seasonal Flu Clinic for Norfolk residents on **Thursday, October 29, 2009, from 1:00 p.m. – 3:00 p.m.**, at the Senior Center, located at 28 Medway Branch Road.

The seasonal flu vaccine will be available for adults at highest risk of complications from the flu only. High-risk categories include:

- all adults age 65 and older
- adults under 65 included only if they:
 - have a chronic cardiac (heart) or pulmonary (lung) disease, including asthma
 - required regular medical follow-up or hospitalization in the past year because of chronic metabolic disease (such as diabetes), kidney dysfunction or blood disorders
 - immune system problems, such as HIV or other immunosuppression caused by disease, medication, radiation or chemotherapy
 - women who will be in their second or third trimester of pregnancy, but only with a letter from their obstetrician requesting the flu vaccine

Proof of high-risk status will be required. Being high risk does not mean that you are at increased risk of exposure to the flu. High risk means that you are at higher risk to have serious complications from the flu.

You must call the Council on Aging office at 508-528-4430 to schedule an appointment for the flu clinic due to the limited amount of vaccine that we are receiving.