

The Virgin Islands Consortium

Dept. of Health to Offer Free Flu Shots Friday

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Staff Consortium **November 21, 2019**



The Virgin Islands Department of Health is offering residents free flu vaccinations in the upcoming flu season by hosting and collaborating in two clinic outreach events on Friday.

D.O.H. in St. Thomas is continuing its outreach by hosting another free flu and tetanus vaccine clinic at the Schneider Regional Medical Center lobby from 9 a.m. to 2 p.m. on Friday, November 22, 2019. Attendees are encouraged to bring their immunization card if they have one. Flu shots are given on a first-come, first-serve basis while supplies last.

On St. Croix, D.O.H. is collaborating with the St. Croix Chapter of AARP to hold a seasonal flu vaccine clinic outreach for seniors at the Sunny Isle Amphitheater also on

Friday, November 22, 2019 from 9 a.m. to 12 p.m. The department is targeting senior citizens for this outreach because it is recommended that individuals over 65 years get an annual flu shot. This outreach will provide seniors who would like a free flu shot to come to an area where they might normally go to shop, etc. and include it as part of their daily outing.

The flu vaccine helps develop immunity and lessens the severity of flu symptoms if infection occurs. For most people, flu symptoms may include fever, chills, aches, pains, and coughing, while for others the flu can be deadly, D.O.H. said. It is recommended that everyone practices healthy habits to prevent getting or transmitting the flu by covering their mouth and nose with a tissue when coughing or sneezing and by washing hands with soap and water or using hand sanitizer frequently. Everyone must take the flu seriously and protect themselves and others by ensuring that all eligible family members are vaccinated.