

Flu Vaccinations Offered

NASSAWADOX – Flu vaccinations will be offered to the public in convenient locations around the Shore through November.

The "flu season" is just around the corner - usually November through April each year. Influenza is a serious disease for people of any age – at the very least, the patient is miserably sick, but at its worst, influenza can cause hospitalization and even death, especially in older people. An annual flu vaccination is the best way to reduce the chances of getting the flu.

Shore Memorial Hospital is offering flu vaccinations in Accomac, Parksley, and Nassawadox. Everyone ages 18 and older is welcome, and no appointment is necessary for the following dates and times:

- **Accomac:** Wednesday, October 23, from 9:00 a.m. – 1 p.m. at the Senior Perspectives building in the Accomac business park (on Rte. 13).
- **Nassawadox:** Friday, October 24 and Friday, November 7, from 8:30 - 11:30 a.m. in the first floor Pre-natal Clinic at Shore Memorial Hospital.
- **Parksley:** Wednesday, November 5, and Wednesday, November 12 from 9:00 a.m. – 1 p.m. at Shore Medical Center at Metompkin on Route 13 just north of Parksley.

Vaccinations will cost \$31 per person, but insurance may cover a portion of it. Medicare patients will have no out of pocket expense, but still need to bring their insurance card at the time of vaccination.

Please call 414-8698 for more information.

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Shore Health Services is an integrated healthcare delivery organization that includes Shore Memorial Hospital, Shore LifeCare at Parksley, Shore Rehab, Shore Cardiopulmonary Wellness Services, Shore Healthcare at Home, Shore Cancer Center, School of Practical Nursing, Shore Medical Center at Metompkin, Lingle & Goldstein Surgical Associates, Shore Orthopedic Associates, Shore Psychiatric Services and Senior Perspectives. For more information call Shore Health Services at 414-8050.