

Join us for the Southborough Health Department's annual **FLU CLINIC** hosted in the Senior Center! CDC and ACIP preferentially recommend the use of [higher-dose](#) flu vaccines over [standard-dose flu vaccines](#) for people 65 years and older. This recommendation is based on a review of available studies which suggests that, in this age group, these vaccines are potentially more effective than standard dose flu vaccines. As we age our immune system weakens, and the high dose flu vaccine increases our immune response when 65+ individuals come in contact with the influenza virus. The flu virus can lead to significant complications such as pneumonia, but complications increase even more for seniors and children. If you have any questions or concerns regarding influenza or the flu vaccine you can contact the Health Department at 508-281-8983 or Nurse Leslie during her office hours on Tuesday and Friday. **The form to fill out for the clinic this year will be in the Senior Center Kitchen, Senior Center Front Desk & Health Department; please fill out and return to Health Department. Please provide a front and back copy of your primary insurance & secondary insurance cards, with annotation on which is your primary insurance card.** You can also go online to register, at <https://tinyurl.com/southborofluclinic> ! The time on your registration is the time of your appointment, there will be no walk-in appointments available at this time. If you fill out the paper form, the Health Department will call to schedule a time with you. Please call us for help with registration if you would like, at 508-281-8983.

P.S. Don't forget to wear short sleeves!

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