

Everyone 6 months of age and older should get a flu vaccine every season. Vaccination is particularly important for people who are at high risk of serious complications from the flu.

Residents who may be at an increased risk for influenza related complications include:

- persons aged 65 years and older, with and without chronic health conditions
- residents of long-term care facilities
- persons aged 2–64 years with chronic health conditions
- children aged 6 months or older, who attend any licensed child care center or pre-school activity
- pregnant women
- health-care personnel who provide direct patient care
- household contacts and out-of-home caregivers of children aged <6 months

Flu vaccination can reduce flu illnesses, doctors' visits, and missed work and school due to flu, as well as prevent flu-related hospitalizations. Flu vaccine also has been shown to be life-saving in children. In fact, a 2017 [study](#) showed that flu vaccination can significantly reduce a child's risk of dying from flu.

Flu vaccination can be found at a variety of places throughout the community. Please visit <https://vaccinefinder.org/> for a listing of establishments that offer influenza vaccination.

The Chatham Borough Board of Health is offering flu vaccination for residents who are homebound, under-insured or non-insured. Please call 908-789-4070 for more details on our flu vaccination program.