

Westford Health Department

55 Main St. Westford, MA 01886



The following programs are provided by the Westford Health Department through the Board of Health and are available to all residents. Most services require appointments, and pre-payments may be necessary. For additional information on any health service, please contact Jeff Stephens, Director of Health Care Services, at the Westford Health Department office located in the Town Hall, at 978 692-5509. Office Hours are Monday through Friday from 8 a.m. to 4 p.m. Information on all services can also be obtained by viewing the Health Care Services and Environmental Services pages of the Westford Web under Board of Health, at www.westfordma.gov/boh

HEALTH PROGRAMS

Flu Clinic Schedule Westford Residents Only

The Westford Health Department will sponsor flu clinics on the dates, times and locations listed below. No appointments are necessary. ** Please note that because of limited pediatric vaccine, we request that those under the age of 36 months receive their vaccine from their MD if possible. All children under 18 years must be accompanied by a parent at all clinics. State supply of vaccine has been greatly reduced so clinics will be held until vaccine is depleted. Please bring insurance information to the clinic as the town can seek reimbursement from insurance carriers.

Thursday, October 17, 2019: 12:30 -3:30 pm Senior Dose for 65 and Older

Location: Franco American Club. Walk-In

12:30-1:30 pm: A-H

1:30-2:30 pm: I-Q

2:30-3:30 pm: R-Z

Regular FLU Clinics:

Tuesday, Oct 22:	6:00-8:00 p.m.	@ Millennium School	Walk-In
Wednesday, Oct 30:	6:00-8:00 pm	@ Millennium School	Walk-In
Friday, November 1:	10:00 am-12:00pm	@Fletcher Library	Walk-In

SCHOOL-BASED FLU CLINIC PROGRAM

This year we will be providing FLU SHOTS and Flu Mist Nasal Spray to Westford Academy and Middle School Students and Flu Mist ONLY to the elementary schools
Limited Supply of Flu Mist Nasal Spray is available

School-based flu clinics *will* be offered again this year to Westford Academy, Blanchard, Stony Brook Middle School students and elementary school students this fall. Details (including dates and restrictions) will be sent to parents via the WPS Billboard listserv, WPS Superintendent's email, and the Westford Board of Health listserv. Information will not be mailed to the students' homes. **Please register your child on our Westford Health Dept website <https://www.westfordma.gov/236/School-Based-Flu-Clinic-Program> or call 978-692-5509 for further information.**

- **Monday, November 4, 2019 at Westford Academy 7 am (before school), Crisafulli and Robinson elementary schools.**
- **Tuesday, November 5, 2019 at Stony Brook Middle School 7:35 am, Abbot Elementary and Nabnasset Elementary School.**
- **Wednesday, November 13, 2019 at Blanchard Middle School 7:35 am, Norman Day Elementary and Miller Elementary School.**

Homebound individuals, who require a home visit, should contact the Health Department at 978-692-5509 to schedule an appointment.

The Centers for Disease Control and Prevention (CDC) recommends the high-dose flu vaccine called Fluzone for seniors 65 years and older.

The committee recommended that the **trivalent** formulation influenza vaccines for the U.S. **2019-2020** influenza season contain the following:

- A/Brisbane/02/2018 (H1N1) pdm09-like virus (updated)
- A/Kansas/14/2017 (H3N2)-like virus (updated)
- B/Colorado/06/2017-like (Victoria lineage) virus

Quadrivalent (four-component) vaccines, which protect against a second lineage of B viruses, are recommended to contain:

- the three recommended viruses above, plus B/Phuket/3073/2013-like (Yamagata lineage) virus.

These vaccines will not prevent illness caused by other viruses. It takes up to 2 weeks or more for protection to develop after the vaccine. Protection lasts about a year. Anyone with an allergy to egg cannot receive this vaccine at one of our public clinics.

Annual influenza vaccine is recommended for *everyone 6 months of age and older*. Everyone, regardless of prior vaccination, will need to be revaccinated to be protected this year.

People at Increased Risk for Influenza-Related Complications:

- All children 6 months through 4 years of age.
- All persons ≥ 50 years of age.
- People 6 months - 18 years of age who are receiving long-term aspirin therapy.
- Women who will be pregnant during influenza season and postpartum women.
- People ≥ 6 months of age who have:
 - Chronic pulmonary (including asthma), cardiovascular (except hypertension), renal, hepatic, neurological, hematologic, or metabolic disorders, including diabetes;
 - Immunosuppression (including immunosuppression caused by medications or HIV);
 - Any condition (e.g., cognitive dysfunction, spinal cord injuries, seizure disorders, or other neuromuscular disorders) that can compromise respiratory function or the handling of respiratory secretions or that can increase the risk of aspiration.
- Residents of nursing homes and other chronic-care facilities.
- American Indians/Alaska Natives
- People who are morbidly obese (BMI ≥ 40)

To get up to date information during the flu season, visit the Health Department website at www.westfordma.gov/boh or sign up for our Health Department listserv at www.westfordma.gov/subscriber .