

Protect Yourself from the Flu - Get Vaccinated!

Influenza, commonly called “the flu,” is more than just a bad cold. The flu is a very contagious virus. It can cause symptoms such as fever, chills, body aches, sore throat, cough, and headache. Flu can also cause serious complications, and some people are more at-risk of developing them, including adults age 65+ and people with chronic health conditions.

The best way to protect yourself is to get vaccinated every year. Get vaccinated early for better protection. The flu shot is safe, effective, and cannot give you the flu.

Broome County Senior Centers will be offering the flu shot:



- **Fri, 9/18, 11 am – 1 pm: Broome West,**
2801 Wayne Street, Endwell
- **Thurs, 9/24, 1 – 2:30 pm: First Ward,**
226 Clinton Street, Binghamton
- **Fri, 9/25, 11 am – 1 pm: Eastern Broome,**
27 Golden Lane, Harpursville
- **Mon, 9/28, 11 am – 1 pm: Northern Broome,**
12 Strongs Place, Whitney Point
- **Thurs, 10/1, 11 am-1 pm: Johnson City,**
30 Brocton St, Johnson City
- **Thurs, 10/8, 11 am-1 pm: Vestal,**
201 Main St (Old Jr. High), Vestal
- **Tues, 10/13, 11 am-1 pm: North Shore Towers,**
24 Isbell St, Binghamton

For additional information, please consult with your healthcare provider or the Broome County Health Department at (607) 778-2839.