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Strong & Kingfield Health Centers to offer 2 Flu Shot Clinics Vaccines free for children age 18 and under while supplies last

KINGFIELD & STRONG – Mt. Abram Regional Health Center and Strong Area Health Center will each offer free flu shot vaccines to kids age 18 and under on Tuesday, October 25 and Tuesday, November 1 from 4:00 to 7:00 p.m.

A parent or guardian must be present to sign a consent form for kids wanting to receive a vaccine. Adult vaccinations are available as well, and the cost is \$20 per shot, payable by cash. Insurance will not be billed. Shots will be given on a first come, first served basis, while supplies last. Both flu shot clinics at the two health centers are open to all community members.

Mt. Abram Regional Health Center is located at 25 Depot Street, Kingfield and can be contacted by calling (207) 265-4555.

Strong Area Health Center is located at 177 North Main Street, Strong and can be contacted by calling (207) 684-4010.

According to the Maine Center for Disease Control, influenza is a serious disease that can lead to hospitalization and sometimes even death. Every flu season is different, and influenza infection can affect people differently. Even healthy people can get very sick from the flu and spread it to others. An annual seasonal flu vaccine is the best way to reduce the chances that you will get seasonal flu and spread it to others. When more people get vaccinated against the flu, less flu can spread through that community.

Mt. Abram Regional Health Center and Strong Area Health Center are part of HealthReach Community Health Centers, a group of eleven Federally Qualified Health Centers in Central and Western Maine. Dedicated providers deliver high quality medical and behavioral health care to citizens in over 80 rural communities. To ensure access for everyone, HealthReach accepts Medicare, MaineCare and major insurances. In addition, an Affordable Care Program is available to uninsured and underinsured residents as well as assistance with applications for programs that help with the cost of health care and medications including the Health Insurance Marketplace. A private, non-profit celebrating a 40-year history, HealthReach is funded by patient fees, grants and individual donations.