

Time To Get Your Flu Shots: Here's Where and When in Darien

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You can get flu shots from the Darien Health Department and the Visiting Nurse & Hospice of Fairfield County at these clinic locations, with no appointment needed (or schedule an appointment with the Health Department [here](#)).

Costs and accepted insurance are different for different clinics — see which organization fits your needs best. You can also get flu shots at CVS and Walgreens pharmacies in town.

Darien Health Department Clinics

- Oct. 12 (Wednesday), 3 to 5 p.m. — Mather Senior Center, 2 Renshaw Road
- Oct. 17 (Monday), 9:30 to 11:30 a.m. — Room 119, Town Hall, 2 Renshaw Road
- Nov. 8 (Tuesday), “Vote & Vax” on Election Day, from 3 to 7 p.m. — Town Hall, 2 Renshaw Road

According to [this Health Department announcement](#):

"All Vaccine is preservative free and available to anyone over three years of age. High dose vaccine for

seniors is available. The cost of flu vaccine is \$30, payable by check, cash or ConnectiCare insurance. We also accept traditional Medicare ONLY and do not participate with any of the Medicare Advantage Plans."

Visiting Nurse & Hospice Clinics

- Oct. 10 (Monday) from 1 to 3 p.m. — Darien Library, 1441 Post Road
- Oct. 21 (Friday), 9 a.m. to 12 noon — Darien YMCA, 2420 Post Road
- Nov. 10 (Thursday) from 10 a.m. to 12 noon — Darien Library, 1441 Post Road
- Nov. 12 (Saturday), 9 a.m. to 12 noon — Darien YMCA, 2420 Post Road

From [a previous announcement](#) published by *Darienite.com*:

Visiting Nurse & Hospice of Fairfield County will hold an additional nine flu clinics at its offices in the Health & Wellness Center at I-Park, 761 Main Avenue, Suite 114, at the intersection of Kent Road and Route 7 on the Wilton/Norwalk town line. These clinics will be held every Wednesday afternoon from 3:30 until 5:00 p.m. through Nov. 23.

Anyone four years of age or older can receive the seasonal flu vaccine at these clinics and there is no residency requirement.

"The flu shot is safe and the single most effective way to prevent influenza, decrease its complications and help stop the spread of flu," said Melody Matheny-Orpen, RN, Community Health Coordinator at Visiting Nurse & Hospice of Fairfield County. "Anyone wishing to avoid contracting or spreading influenza should receive the flu shot prior to flu season, which usually begins in December."

All flu clinics are conducted on a first-come, first-served basis and appointments are not necessary. Persons under age 18 must be accompanied by a parent or legal guardian.

The cost of the vaccine is \$45 for the regular dose and \$60 for the high dose. Cash or check will be accepted or it can be billed directly to Medicare Part B, Aetna, Anthem, Connecticare, Fallon, Harvard Pilgrim, Multi Plan, Unicare, Wellcare or HealthyCT. Please bring your insurance card with you to the flu clinic.

Those wishing to receive the flu vaccine are encouraged to wear short sleeves or sleeves that are easy to roll up.