

Visiting Nurse & Hospice Holds Flu Clinics in Darien: Save These Dates

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Flu season is fast approaching and Visiting Nurse & Hospice of Fairfield County will hold four flu vaccine clinics in Darien this fall.

The nursing agency will hold flu clinics at the Darien Library, 1441 Post Road in Darien, from 1 to 3 p.m., Monday, Oct. 10 and from 10 a.m. to 12 noon on Thursday, Nov. 10; and at the Darien YMCA, 2420 Post Road in Darien, from 9 a.m. to 12 noon on both Friday, Oct. 21 and Saturday, Nov. 12.

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. from September 28 through November 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.”

More information (gathered by [Darienite.com](http://darienite.com)) on getting flu shots:

- [What You Should Know and Do this Flu Season If You Are 65 Years and Older](#) (Centers for Disease Control)
- [Key Facts About Seasonal Flu Vaccine](#) (Centers for Disease Control)
- [Older People Might Consider Waiting A Bit Longer To Get Flu Shot](#) (National Public Radio: "The best time for most people to get the flu vaccine would be in October. If you're a little bit older and over 65, I would say between Halloween and Thanksgiving.")
- [Darien Health Department Flu Prevention Program](#)

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.

Darienite

News for Darien

<http://darienite.com>

For more information, please call the Flu Hotline at Visiting Nurse & Hospice of Fairfield County at 203-834-6341, ext. 444.

A non-profit community organization for more than 100 years, Visiting Nurse & Hospice of Fairfield County provides professional nursing and support services, senior care management, physical rehabilitation, health education, community wellness programs and compassionate hospice and palliative care for adults and children in Darien and throughout Fairfield County. [Visit them online](#) or follow them [on Facebook](#) and [Twitter](#).