



2016 LIST OF FREE FLU VACCINE CLINICS

Flu Vaccines are Valuable

Annual influenza vaccination provides powerful protection to yourself, your family members, and all the people you come in contact with throughout the “flu season.” Many people agree that getting a flu vaccine is valuable, but getting around to it can be tough.

Trying to Make it Easy

Several organizations in the Upper Valley offer FREE flu vaccine clinics at a variety of times and places. The Public Health Council wants to make it easy for you and your family members to get a flu vaccine this year. All New Hampshire and Vermont residents are welcome at the clinics listed below.

Most **public schools** in the New Hampshire portion of our public health region* offer flu vaccine clinics during school hours in the fall. This is the easiest place for your children to receive the vaccine. This year school clinics will only offer injectable vaccine. Because the CDC has determined the nasal vaccine has not been as effective as the injectable form, you are not likely to find it being offered anywhere.

What vaccines are being offered?

All of the clinics listed below are offering both the regular dose vaccine and the high-dose vaccine, which is recommended for people age 65 and older. All vaccines are preservative-free.

Date & Time	Location	Notes
Thursday, September 29, 2016 4:00 pm to 7:00 pm	Plainfield Elementary School 92 Bonner Road, Meriden	☞ Open to adults & children ages 10+ ☞ Sponsored by PHC, Plainfield community volunteers, Dartmouth Hitchcock & Geisel School of Medicine at Dartmouth
Sunday, October 9, 2016 8:00 am to 1:00 pm	Dartmouth-Hitchcock Medical Center, Lebanon, Main Entrance	☞ Open to all adults & children ☞ Sponsored by Dartmouth-Hitchcock Medical Center
Thursday, October 13, 2016 9:00 am to 4:00 pm	D-H Aging Resource Center 46 Centerra Parkway, 2 nd Floor Lebanon	☞ Open to adults & children 9+ (not afraid of needles) ☞ Sponsored by Dartmouth-Hitchcock Medical Center
Thursday, October 13, 2016 4:00 pm to 7:00 pm	Orford Congregational Church Route 10, Orford	☞ Open to adults & children ages 10+ ☞ Sponsored by PHC, Dartmouth Hitchcock & Geisel School of Medicine at Dartmouth
Thursday, October 20, 2016 4:00 pm to 7:00 pm	Enfield Community Building 308 US Route 4, Enfield	☞ Open to adults & children ages 10+ ☞ Sponsored by MVHI & Geisel School of Medicine at Dartmouth
Thursday, October 27, 2016 4:00 pm to 7:00 pm	Canaan Hall 18 Orange Road, Canaan	☞ Open to adults & children ages 10+ ☞ Sponsored by PHC, Dartmouth Hitchcock & Geisel School of Medicine at Dartmouth
Saturday, November 12, 2016 8:00 am to 1:00 pm	Dartmouth-Hitchcock Medical Center, Lebanon, Main Entrance	☞ Open to all adults & children ☞ Sponsored by Dartmouth-Hitchcock Medical Center
Monday, November 14, 2016 9:00 am to 4:00 pm	D-H Aging Resource Center 46 Centerra Parkway, 2 nd Floor Lebanon	☞ Open to adults & children 9+ (not afraid of needles) ☞ Sponsored by Dartmouth-Hitchcock Medical Center

*Canaan, Dorchester, Enfield, Grafton, Grantham, Hanover, Lebanon, Lyme, Orange, Orford, Piermont, and Plainfield