

# GET YOUR FLU VACCINE EARLY!

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Influenza, commonly known as Flu, is an illness that is passed person to person. It affects the lungs and is caused by a virus. Most people with flu can spread it to other people for about 1 day before they show symptoms. The flu can cause people to get very sick.

Those at highest risk include older adults; people with certain underlying medical conditions; and pregnant individuals. While anyone can get the flu, if you have asthma, diabetes or lung disease you may be at an even greater risk of catching this potentially fatal disease.

**A new flu vaccine is needed every year.  
Please be aware that the vaccine is for the REGULAR FLU VIRUS  
and is NOT a vaccine for coronavirus COVID-19.**

## **Vaccines for the Uninsured or Underinsured**

Flu vaccines are widely available in Durham County at primary care, pediatric and many non-surgical specialty clinics; the Durham County Department of Public Health; and pharmacies. Those without health insurance can get flu shots at most of these locations. Costs vary.

## **Vaccines for the Insured**

Most insured patients are required to be covered by their health insurance plan without a copayment. However, patients should check with their insurance company to find out if they must go to a specific location to receive the vaccine. VA medical facilities offer no-cost flu shots to Veterans enrolled in VA health care. If you have any questions, contact your health plan's insurance company.

# Clinics

Name	Location	Self-Pay Cost	Phone
Duke Primary Care	Multiple locations in Durham County	\$30. Free flu shot at no charge with medical appointment	919-385-0430
Duke Urgent Care	2 locations in Durham County	\$30. Free flu shot at no charge with medical appointment	919-626-8183
Lincoln Community Health Center	1301 Fayetteville Street	Free flu shot at no charge. Schedule a "nurse visit" appointment.	919-956-4034
Novant Health Durham	4205 Ben Franklin Blvd	Only available to established patients	919-477-6900
Samaritan Health Center	3205 University Dr	No charge for registered patients (suggested visit donation of \$20)	919-407-8223

# Pharmacies

Name	Location	Self-Pay Cost	Phone
Central Pharmacy	2609 N Duke St., Durham, NC 27704	\$30	919-220-5121
Clinic Pharmacy	2726 Croasdaile Dr., Suite 104	\$35.49. Limited supply for established customers	919-383-7495
Costco	1510 N Pointe Dr., Durham, NC 27705	\$29.99 for non-members, \$19.99 for members	
CVS	3 locations in Durham	\$60.00	1-800-746-7287
Durham Pharmacy	5826 Fayetteville Rd Suite #105	\$30	919-224-1234
Gurley's Pharmacy	114 West Main Street, Durham, NC	\$40	919-688-8978
Harris Teeter Pharmacy	3 locations in Durham	\$50	
Southpoint Pharmacy	6216 Fayetteville Rd Suite 105 Durham, NC 27713	\$32.49	919-908-0200
Walgreens	3 pharmacies in Durham	\$58.99	1-800-925-4733

# Durham County Department of Public Health

Cost is on a sliding scale (which in some cases may make it free). The flu vaccine may be free for children 18 and under if they qualify for the Vaccines for Children Program, which includes uninsured, underinsured, American Indian or Alaskan Native, and Medicaid. Children covered by North Carolina Health Choice are considered insured. Uninsured pregnant women can receive a free flu vaccine provided by the Vaccines for Children program.

By appointment only: 414 E Main St, Durham, NC 27701. Phone: 919-560-7608/919-560-7645. Accepts several insurance plans (Cigna, BCBS, Aetna, Medicaid).

## Proven Effective

Getting your yearly flu shot is the most effective way to reduce your chances of getting the flu each season. That's why the U.S. Centers for Disease Control (CDC) recommends that everyone 6 months and older get a flu shot each year.

## Medical Home

Maintain communication with your primary care provider (PCP). If you need a PCP, contact any of the clinics listed here to get established with a medical home.

## Know the facts

Getting the flu shot will NOT cause you to get the flu. Research has proven that the flu shot can only reduce your chances of getting the flu and cannot cause it.

## Pneumonia Vaccine

The CDC recommends the pneumonia vaccine for all adults 65 years or older. Please contact your primary care provider or any of the clinics listed above.

**The medicine in the flu shot takes two weeks to start working—so do not delay. Get your flu shot today!**



**Partnership for a  
Healthy Durham**