



TRI-TOWN FLU and COVID CLINICS

Boxford, Middleton, and Topsfield Health Departments are encouraging everyone who has not yet received an annual FLU vaccine or updated bivalent COVID vaccine to do so ahead of the busy holiday season! With the rise in seasonal illnesses, vaccination remains the most effective tool to protect against serious illnesses. Below is some brief information and upcoming vaccination clinics.

Influenza key points (from CDC <https://www.cdc.gov/flu/weekly/>)

- Seasonal influenza activity is high and continues to increase across the country.
- CDC estimates that, so far this season, there have been at least 8.7 million illnesses, 78,000 hospitalizations, and 4,500 deaths from flu.
- The majority of influenza viruses tested are in the same genetic subclade as and antigenically similar to the influenza viruses included in this season’s influenza vaccine.
- An annual flu vaccine is the best way to protect against flu. Vaccination helps prevent infection and can also prevent serious outcomes in people who get vaccinated but still get sick with flu.
- CDC recommends that everyone ages 6 months and older get a flu vaccine annually. Now is a good time to get vaccinated if you haven’t already.
- The MA Dept of Public Health tracks influenza severity and ranges from low, moderate, high, to very high. Recently the influenza severity has been in the VERY HIGH range.

COVID-19 key points (from <https://www.cdc.gov/coronavirus/2019-ncov/covid-data/covidview/index.html>)

- COVID-19 spread has increased the last two winters, so stay up to date on COVID-19 vaccines this holiday season to prevent serious illness and death.
- The updated (bivalent) booster protects against the original strain of the virus and the currently circulating Omicron BA.4 and BA.5-related lineages and sublineages.
- Getting one updated (bivalent) booster is recommended for all people ages 5 years and older if it has been at least two months since their last COVID-19 dose (either primary series or original monovalent booster) . CDC and FDA recently approved infants age 6 months through 4 years who received Moderna are now eligible for a booster dose two months after they completed their primary series.

Upcoming FLU Vaccine Clinics:

Masco High School – Café (Door 27)
Friday Dec 16th, 3-6PM
No appointment is needed - Walk-ins are welcome! (Bring health insurance card)

Middleton DPW, 195 North Main St
Friday Dec 16th, 4-6PM
No appointment is needed - Walk-ins are welcome! (Bring health insurance card)

To locate a COVID or FLU vaccination location nearby: <https://www.vaccines.gov/>

Upcoming COVID-19 Vaccine Clinics:

Topsfield Town Hall, Public Hall – Second Floor
Thursday Dec 15th, 2-5PM

Masco High School - Cafe (Door 27)
Friday Dec 16th, 3-6PM

Middleton Flint Library (Conf Room)
Thursday Dec 22nd, 3-6PM

Registration required: <https://capeannclinic.com/>
(limited walk-ins accepted based on vaccine availability)