



News Release

FOR IMMEDIATE RELEASE

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Department of Public Health

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Flu Season is Here, Get Vaccinated

FAYETTEVILLE – The Department of Public Health continues to offer free influenza (flu) vaccinations, regardless of insurance status. Getting your flu shot doesn't make you sick. It will protect you and others from the flu, which helps lessen the burden on hospitals responding to the COVID-19 pandemic.

The Centers for Disease Control and Prevention (CDC) says flu vaccines cannot cause flu illness. Flu shots are made with either killed viruses, or with only a single protein from the flu virus.

The Department of Public Health encourages everyone 6 months or older to get a free flu shot. The public has several options to get their free flu shot through the Health Department: in-person appointments, drive-thru or walk-in flu clinics.

You can make an appointment at the Immunizations Clinic located in the Health Department (1235 Ramsey, St., Fayetteville) by calling (910) 321-7116.

A drive-thru clinic is offered Tuesday, Nov. 24, from 9 a.m. to 2 p.m., at Spring Lake Memorial Missionary Baptist Church (458 Chapel Hill Rd, Spring Lake, NC 28390). No appointment is required for the drive-thru clinic. To protect the health and safety of our staff and clients, flu vaccinations given by drive-up cannot accommodate those on foot. Directional signage will guide the public through the registration line. Individuals receiving a vaccination must sit next to an operational window, be wearing a mask and remain in vehicles. Staff will administer flu vaccinations through the window. Individuals in middle or third row seats cannot be vaccinated.

Children who need additional attention will be directed to a separate parking area. Please do not take ride-shares or public transportation to drive-thru flu clinics. Please do not bring pets to the drive-thru flu clinic.

The walk-in flu clinic is offered Dec. 5 and 12, from 9 a.m. to 2 p.m., at the Health Department. No appointments are required for the walk-in clinic.

All participants will complete a [registration](#) and [consent](#) form prior to receiving a vaccination. You can review those forms or print and complete prior to arrival by visiting the [Flu Clinic website](#) at www.co.cumberland.nc.us/fluclinic.

Children, 18 and younger, can also receive a free flu vaccine through the Vaccines for Children program. Anyone accompanying a minor must show proof of custody.

Is it flu or COVID-19?

There are some key differences between flu and COVID-19. COVID-19 seems to spread more easily than flu and causes more serious illnesses in some people. It can also take longer before people show symptoms and people can be contagious for longer. Another important difference is there is a vaccine to protect against flu. There is currently no vaccine to prevent COVID-19. The best way to prevent infection is to avoid being exposed to the virus.

Flu and COVID-19 share many characteristics, but there are some key differences between the two.

“While many unknowns surrounding COVID-19 remain; we do know having a cough, fever or fatigue can be symptoms of both the flu and COVID-19,” said Dr. Jennifer Green, Cumberland County Public Health Director. “At least one symptom that COVID-19 and flu do not share is the loss of taste many COVID-19 positive individuals report.”

While more is learned every day, there is still a lot that is unknown about COVID-19 and the virus that causes it. [The Centers for Disease Control \(CDC\) update information daily and has the best available information to date.](#)

Staying Updated

Cumberland County has made it easy for you to stay updated on the latest information about COVID-19. You can visit our [COVID-19 webpage](#), which has a list of [COVID-19-related closures and service changes](#). The county is also sharing important information on its [Facebook](#), [Twitter](#) and [Instagram](#) accounts.