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## Now is a good time to get your flu shot!

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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 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 COVID19.**

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### Clinics

#### **Duke Urgent Care**

3 locations in Durham  
Self-pay \$41  
Phone: 919-626-8183

#### **Duke Primary Care**

Multiple locations in Durham County  
Self-pay \$28.98  
Phone: 919-626-8183

#### **Lincoln Community Health Center**

1301 Fayetteville Street, Durham, NC 27707  
Free flu shot at no charge  
Schedule a “nurse visit” appointment  
Phone: 919-956-4034  
*Those who are not currently registered as Lincoln patients will be invited to register over the phone.*

#### **Minute Clinic**

3 locations in Durham at CVS and Target  
Self-pay: \$50

#### **Novant Health Durham**

##### **Internal Medicine Associates**

4205 Ben Franklin Blvd, Durham, NC 27704.  
Only available to established patients.  
Phone: 919-477-6900

#### **Samaritan Health Center**

3205 University Dr, Durham, NC 27707  
No charge for registered clinic patients (a suggested visit donation of \$20, but not required)  
Phone: 919-407-8223

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## Pharmacies

### **Central Pharmacy**

2609 N Duke St., Durham, NC 27704  
Self-pay: \$25  
Phone: 919-220-5121

### **Clinic Pharmacy**

2726 Croasdaile Dr., Suite 104  
Durham, NC 27705  
Limited supply for  
established customers: \$30  
Phone: 919-383-7495

### **Costco**

1510 N Pointe Dr., Durham, NC 27705  
Self-pay: \$19.99  
Phone: 919-220-2770

### **CVS**

3 locations in Durham  
Self-pay: \$39.99 (\$20 with discount card)  
Phone: 1-800-746-7287

### **Durham Pharmacy**

5826 Fayetteville Rd Suite #105,  
Durham, NC 27713.  
Self-pay: \$22 (mention you were referred  
by the *Partnership for a Healthy Durham*)  
Phone: 919-224-1234

### **\*Gurley's Pharmacy**

114 West Main Street, Durham, NC 27519  
Self-pay: \$40  
Phone: 919-688-8978

### **Harris Teeter Pharmacy**

3 locations in Durham  
1501 Horton Rd.  
1125 W, NC-54 Ste 310  
1817 Martin Luther King Jr Pkwy.  
Self-pay: \$40

### **\*Hersey Pharmacy**

4711 Hope Valley Rd Suite 5f  
Durham, NC 27707  
Self-pay: \$34.99  
Phone: 919-346-4008

### **Josefs Pharmacy**

3421 N Roxboro St, Durham, NC 27704  
Self-pay: \$28  
Phone: 919-680-1540

### **\*Main Street Pharmacy**

213 W Main St, Durham, NC 27701  
Self-pay: \$30  
Phone: 919-688-1368

### **\*Russell's Pharmacy & Shoppe**

2116 Angier Ave, Durham, NC 27703  
Self-pay: \$25  
Phone: 919-908-1060

### **Southpoint Pharmacy**

6216 Fayetteville Rd Suite 105  
Durham, NC 27713  
Self-pay: \$26.73  
Phone: 919-908-0200

### **Walgreens**

3 pharmacies in Durham  
Self-pay: \$41  
Phone: 1-800-925-4733

### **Walmart Supercenter**

2 locations in Durham  
Self-pay: \$39.88  
Phone: 1-800-925-6278  
(Discount card lowers cost to \$24)

\* *Spanish-speaking staff available*

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## Durham County Department of Public Health

Cost is on a sliding scale (which in some cases may make it free). The flu vaccine is always going to be free for children under 18 and for pregnant women (these groups are eligible for state vaccine). By appointment only: 414 E Main St, Durham, NC 27701. Phone: 919-560-7600.

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## 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.

### 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 here.

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**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**  
Better Together