

# Take 3 to fight flu and other respiratory illnesses!

## 1. **Take time to get a flu shot.**

- Everyone 6 months and older needs a flu shot every year, with rare exceptions.
- People aged 65 and up, children under 2, and people who are pregnant or have certain health conditions are at highest risk of getting very sick from the flu.
- Flu shots:
  - Protect against flu illness, hospitalization, and death
  - Prevent missed work, school, and other activities
  - Protect yourself, your loved ones, and your community
- Higher dose flu vaccines are recommended for people 65+.
- The updated COVID-19 vaccine is also recommended for everyone 6 months and older. The RSV vaccine is now available for adults aged 60 and older, and a preventive treatment is available for children under 2. Talk to your doctor.

## 2. **Take steps to stop the spread.**

- Wash your hands often, or use hand sanitizer with at least 60% alcohol.
- Clean and disinfect surfaces that are touched often.
- Avoid touching your eyes, nose, and mouth.
- Avoid crowded indoor spaces.
- Avoid close contact with people who are sick.
- Stay home when you are sick and test for COVID.
- Eat healthy foods, drink enough water, exercise and get enough sleep.

## 3. **Take antivirals if your healthcare provider prescribes them for you.**

- Antivirals work best when started within 2 days after symptoms start.
- They can shorten the time you are sick.
- They may also prevent some flu complications, like pneumonia.

Check with your healthcare provider to decide what's best for you. Visit [cchd.maryland.gov/flu](https://cchd.maryland.gov/flu) or visit [vaccines.gov](https://vaccines.gov) to search for flu and COVID vaccines.

**If you do not have insurance:** Contact Access Carroll at 410-871-1478 for adults. Adults without insurance can find COVID-19 vaccines at [vaccines.gov](https://vaccines.gov). For children, call the Health Department at 410-876-4848.

## 2023-2024 Respiratory Vaccine Availability at Carroll County Area Pharmacies and Clinics

Ask: Is the flu vaccine in stock? What ages can you vaccinate? Do you accept my insurance?

Pharmacy	Phone #	Address	City	COVID vax?*	RSV vax?*
<a href="#">CVS #5707**</a>	410-781-4720	6040 Sykesville Road	Eldersburg	Yes	Yes
<a href="#">CVS Minute Clinic #5707**</a>	410-781-4720	6040 Sykesville Road	Eldersburg	Yes	Yes
<a href="#">Express Care Eldersburg</a>	410-549-7222	1311 Londontown Blvd	Eldersburg	No	No
<a href="#">Martin's Pharmacy #6307</a>	410-552-5749	1320 Londontown Blvd	Eldersburg	Yes	Yes
<a href="#">Rite Aid Pharmacy #02223</a>	410-549-6250	6300 Georgetown Blvd	Eldersburg	Yes	Yes
<a href="#">Safeway #1678</a>	410-552-1015	1313 Londontown Blvd	Eldersburg	Yes	Yes
<a href="#">Walgreens #7678**</a>	410-795-2968	1260 Liberty Road	Eldersburg	Yes	Yes
<a href="#">Walmart #2436</a>	410-549-5491	6400a Ridge Road	Eldersburg	Yes	Yes
<a href="#">Finksburg Pharmacy</a>	410-526-1055	2027 Suffolk Rd, #4	Finksburg	Yes	Yes
<a href="#">Walgreens Pharmacy #17508**</a>	410-861-8100	2926 Baltimore Blvd	Finksburg	Yes	Yes
<a href="#">CVS #4220**</a>	410-239-3750	2311 Hanover Pike	Hampstead	Yes	Yes
<a href="#">Family Pharmacy</a>	410-239-3100	907 S. Main St.	Hampstead	Yes	Yes
<a href="#">Walmart #2850</a>	410-374-0332	2320 Hanover Pike	Hampstead	Yes	Yes
<a href="#">Weis Pharmacy #139</a>	410-374-1422	721 Hanover Pike	Hampstead	Yes	Yes
<a href="#">CVS #1653**</a>	717-637-5228	635 Carlisle St	Hanover, PA	Yes	Yes
<a href="#">Target (CVS) #17577**</a>	717-634-3141	31 Wilson Avenue	Hanover, PA	Yes	Yes
<a href="#">Rite Aid Pharmacy #11027</a>	717-632-8833	1430 Baltimore St.	Hanover, PA	Yes	Yes
<a href="#">Rite Aid Pharmacy #02510</a>	717-632-5490	43-47 Baltimore St.	Hanover, PA	Yes	Yes
<a href="#">CVS #1446**</a>	301-829-0966	1001 Twin Arch Rd, #118	Mount Airy	Yes	Yes
<a href="#">Express Care</a>	301-703-5452	504 E Ridgeville Blvd	Mount Airy	No	No
<a href="#">Walgreens Pharmacy #17201**</a>	301-829-2920	415 E Ridgeville Blvd	Mount Airy	Yes	Yes
<a href="#">Safeway #1815</a>	301-829-3139	337 E Ridgeville Blvd	Mount Airy	Yes	Yes
<a href="#">Walmart #2551</a>	301-829-4403	209 E Ridgeville Blvd	Mount Airy	Yes	Yes
<a href="#">Weis Pharmacy #119</a>	301-829-1499	1001 Twin Arch Rd., #18	Mount Airy	Yes	Yes
<a href="#">Walgreens #6265**</a>	410-496-8146	9110 Liberty Road	Randallstown	Yes	Yes
<a href="#">CVS #4030**</a>	410-526-3509	11623 Reisterstown Rd	Reisterstown	Yes	Yes
<a href="#">Giant #0332</a>	410-526-1661	11604 Reisterstown Rd	Reisterstown	Yes	Yes
<a href="#">Walgreens Pharmacy #19129**</a>	410-833-0183	11917 Reisterstown Rd	Reisterstown	Yes	Yes
<a href="#">CVS #4170**</a>	410-756-2548	509 E Baltimore St.	Taneytown	Yes	Yes
<a href="#">Kennie's Marketplace</a>	410-756-6166	11 Grand Drive	Taneytown	No	No
<a href="#">CVS #1330**</a>	410-857-9000	275 Baltimore Blvd	Westminster	Yes	Yes
<a href="#">Express Care</a>	410-848-3990	1011 Baltimore Blvd	Westminster	No	No
<a href="#">Giant #0109</a>	410-857-6320	405 N. Center St.	Westminster	Yes	Yes
<a href="#">Walgreens Pharmacy #19141**</a>	410-848-0212	537 Jermor Lane	Westminster	Yes	Yes
<a href="#">Rite Aid Pharmacy #00347</a>	410-876-1513	250 Englar Road, Ste 22	Westminster	Yes	Yes
<a href="#">Safeway</a>	410-871-1203	444 WMC Drive, #116	Westminster	Yes	Yes
<a href="#">Target (CVS) #16389**</a>	410-848-2152	200 Malcolm Dr.	Westminster	Yes	Yes
<a href="#">UNI Urgent Care</a>	443-952-7798	533 Jermor Lane	Westminster	No	No
<a href="#">UNI Urgent Care</a>	410-751-7480	826 Washington Road, #110A	Westminster	No	No
<a href="#">Walgreens #13457**</a>	410-848-0513	500 Meadow Creek Dr.	Westminster	Yes	Yes
<a href="#">Walmart #1867</a>	410-857-9703	280 Woodward Rd.	Westminster	Yes	Yes
<a href="#">Weis Pharmacy #111</a>	410-848-5085	630 Baltimore Blvd	Westminster	Yes	Yes

This list is intended as a resource only and is not medical advice. Information is subject to change. \*\*Provides no-cost COVID-19 vaccines for uninsured and underinsured adults as part of Bridge Access Program.