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RANDOLPH
PUBLIC HEALTH
41 South Main Street
Randolph, MA 02368
MAIN TEL: 781-961-0924

www.randolph-ma.gov

BOARD OF HEALTH

Patricia M. Cedeño-Zamor, Ph.D/MSW/MHA

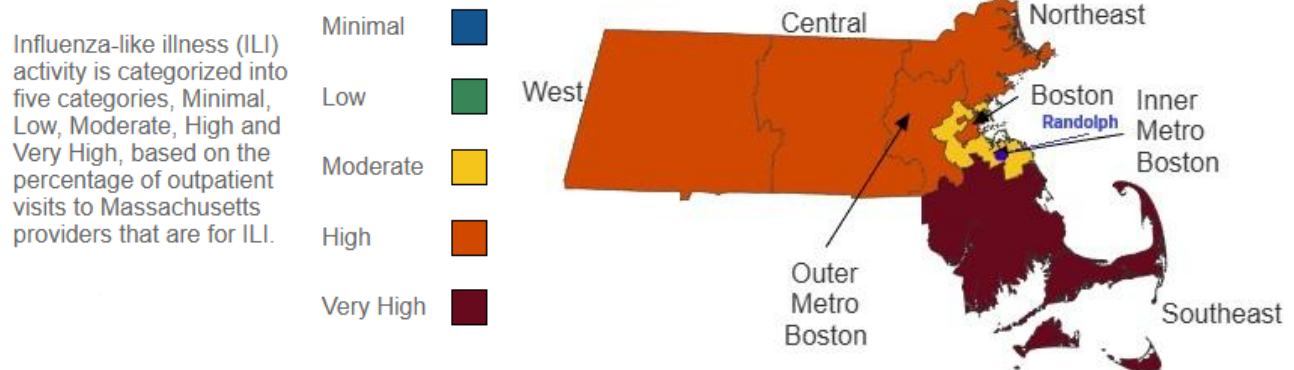
David Kaplan, MPH / Ph.D / CHO / RS

Barbara Mahoney, RN / MHA

Edward Murphy

It's Not Too Late to Get Vaccinated Against the Flu

December 18, 2025 - Recent surveillance reports from the Massachusetts Department of Public Health indicate that influenza, or "flu" activity is present in Massachusetts. Reports of flu activity in Massachusetts are more prevalent than normal for November and December. The flu season traditionally peaks around February to early March in Massachusetts. **If you haven't received an annual flu vaccination, now is the time to get one!** Below, you will find a map of Influenza-like Illness (a commonly used indicator of flu) activity in Massachusetts as of 12/07/2025 based on percentage of outpatient visits to providers in Massachusetts.



<https://www.mass.gov/info-details/influenza-reporting>

If you have not been vaccinated, the Randolph Board of Health recommends that you contact their office or that of your physician or local pharmacy. The Centers for Disease Control and Prevention (CDC) recommends that everyone six (6) months and older receive an annual flu vaccine. Over 200,000 people are hospitalized in the US each year due to complications from the flu, so don't become a statistic! As of December 18th, 2025, there have been over 40 confirmed cases of influenza in Randolph residents during the 2025-2026 flu season.

Getting a flu shot remains one of the most effective ways to protect yourself and your family. The flu vaccine **can reduce the risk of hospitalization or an ER visit by 70% in children and 30% in adults**. Older adults, young children, pregnant women, and those people with underlying health problems including obesity are especially vulnerable to serious medical complications if they come down with the flu. It's also important to get a flu vaccine if you live with or care for, anyone who is especially vulnerable to complications from the flu, or with infants younger than 6 months, since they are too young to get the vaccine.

It's Never Too Late to Vaccinate!

Contact the Randolph Health Department today **FREE**

Name	Contact Information	Hours
Randolph Health Department 41 South Main Street Randolph, MA 02368	Tel: (781) 437-6220 Email: AMartin@randolph-ma.gov	Mon – Fri: 8:30 AM – 4:30 PM

Other Local Providers Offering Flu Vaccine

Name	Contact Information	Hours
CVS Pharmacy 171 North Main Street Randolph, MA 02368	Tel: (781) 963-3906	24 hours, 7 days a week <i>Closed 1:30 PM – 2:00 PM daily</i>
Randolph Pharmacy 1187 North Main Street Randolph, MA 02368	Tel: (781) 885-1181	Mon – Fri: 9 AM – 7 PM Saturday: 10 AM – 3 PM Sunday: 10 AM – 1 PM
Walgreens Pharmacy 170 North Main Street Randolph, MA 02368	Tel: (781) 963-7713	Mon – Fri: 8 AM – 10 PM Saturday: 9 AM – 6 PM Sunday: 10 AM – 6 PM

In addition to getting an annual flu vaccination, the following tips can help protect you, your neighbors, friends, co-workers and family during the regular flu season.

Wash your hands. Frequent hand washing with soap, warm water and disposable paper towels is best. Alcohol based hand sanitizer is also an effective means to clean your hands.

Cover your mouth when you cough or sneeze. Cough or sneeze into a tissue or the inside of your elbow. Throw tissues away and wash your hands. Staying home when sick also helps to keep the illness from spreading.

Don't touch your eyes, nose or mouth. This decreases the chance that you will get the flu virus or other germs into your body, or that you will pass the flu to others.

Clean surfaces that are touched often. Clean things that are touched often, such as door or refrigerator handles, computer keyboards and mice, phones and water faucets.

Avoid contact with people who are sick. Avoid unnecessary contact like holding, kissing or sharing food, dishes and cups with anyone who has a cold or the flu. People with young children, weak immune system or a chronic illness should avoid large crowds, if possible.

For more information, or to be vaccinated please contact the Randolph Office of Public Health, Ann Martin MSN / RN (781) 437-6220. You may also visit, www.flu.gov/ or www.mass.gov/flu. This important message was brought to you by the Randolph Board of Health.