



Jefferson County PUBLIC HEALTH SERVICE

Public Health Facility, 531 Meade Street, Watertown, New York 13601

For Immediate Release

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It's Not Too Late to Vaccinate – Get Your Flu Vaccine Today!

Watertown NY, December 5, 2014~ You may have heard that this year's flu vaccine is not a good match to the virus type circulating. The vaccine may still provide cross protection against the flu and can reduce the likelihood of severe symptoms that cause hospitalization and death. It also is protecting you against about 50% of the other flu viruses that are circulating now!

The Jefferson County Public Health Service (JCPHS) encourages everyone 6 months and older to receive an annual flu vaccine. Flu season typically peaks between December and February but significant activity can occur as late as May. Whether your college age child returns home or you just haven't gotten around to getting your vaccine, now is the time to make sure everyone in your family is protected.

For millions of people every season, the flu can mean a fever, cough, sore throat, runny or stuffy nose, muscle aches, fatigue, and miserable days spent in bed. More than 200,000 people are hospitalized in the United States from flu complications every year. The flu also can be deadly. Over a period of 30 years, between 1976 and 2006, estimates of yearly flu-associated deaths in the United States range from a low of about 3,000 to a high of about 49,000 people during the most severe season.

But there is a vaccine that can prevent flu. While how well the vaccine works can vary, the benefits from vaccination are well documented. Studies show that flu vaccination can reduce flu illnesses, doctors' visits, missed work and school due to flu, as well as prevent flu-related hospitalizations and deaths.

Getting the flu vaccine is simple, and it's the most important thing you can do to protect yourself, your family and your community from the flu. Flu vaccines are offered in many locations, including doctor's offices, clinics, health departments, and pharmacies. Most health insurance plans cover the cost of recommended vaccines now. Check with your insurance provider for details of coverage.

The JCPHS Wednesday immunization clinic is booking 12:30-3:30pm appointments at www.jcphs.org. Once vaccinated, you can enjoy this holiday season knowing that you have taken the **single best step to protect yourself and your loved ones against the flu**. If you do get the flu, your medical provider can prescribe antivirals that can help reduce the symptoms.

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