FOR IMMEDIATE RELEASE

National Influenza Vaccination Week - December 2nd – 8th

If you have not received your flu vaccine yet, it is not too late. National Influenza Vaccination Week is December 2-8. Influenza is among the most common respiratory illnesses in the United States, infecting millions of people every flu season. All adults and children six months of age and older should be vaccinated. Getting a flu shot doesn’t guarantee you won’t get the flu, but it is your best protection against influenza. Washing your hands and covering your mouth when you sneeze or cough can also protect you and your loved ones. The severity of flu illness can vary from mild to severe and spreads across the country from person to person, family to family, and community to community. When the symptoms are severe, flu complications can lead to hospitalization and sometimes even death.

If you get a flu shot, the shot is inactive and cannot cause you to get the flu. However, in about two weeks, the effects of the shot will protect you from the flu. There is also a flu nasal spray, available for folks ages 2 to 49, which is a live attenuated virus (modified so it cannot cause disease) and can provide protection in two to three days. A high-dose flu vaccine is also available for individuals age 65 and older. The higher dose contains four times as much antigen as the regular flu shot and affords seniors a greater antibody response.

There are numerous places to receive a flu vaccination within Williamson County; your physician’s office and local pharmacies are easy options. To learn more about the Williamson County and Cities Health Department immunization clinic hours or other available programs, you can call the WCCHD at 512-943-3645 or go to www.wcchd.org. For immunization requirements, in general, go to http://www.dshs.state.tx.us/immunize/default.shtm.