



## WILLIAMSON COUNTY AND CITIES HEALTH DISTRICT

### NEWS RELEASE

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**FOR IMMEDIATE RELEASE**

### National Influenza Vaccination Week

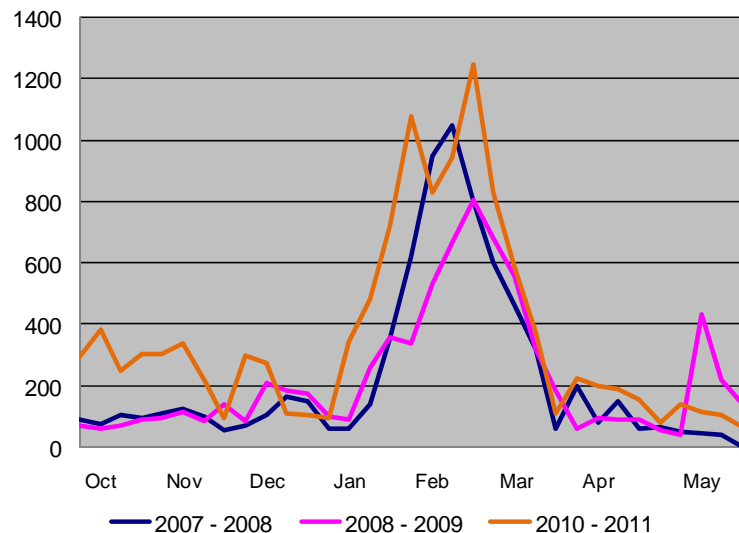
**November 28, 2011** (Williamson County) –

National Influenza Vaccination Week starts December 4<sup>th</sup>. This event serves as a reminder that it is not too late to receive your flu vaccine. In Williamson County, flu has peaked in late January or February for three of the last four flu seasons. The only exception was the 2009 – 2010 H1N1 pandemic when flu peaked much earlier.

There are numerous places to receive a flu vaccination within Williamson County – your physician's office and local pharmacies are easy options. When you are deciding on whether or not to get the flu vaccine remember these points:

- When you get vaccinated you help protect those around you at risk for severe illness and who may not be eligible to receive flu vaccine
- Flu vaccine, whether it is the shot (inactivated vaccine) or the mist (live attenuated virus), does not cause flu-like symptoms
- Flu mist is available for persons age 2 to 49 years and can provide protection in two to three days
- The flu shot provides protection in about two weeks
- High-dose flu vaccine is available for individuals age 65 and older. It contains four times as much antigen as the regular flu shot and affords seniors a greater antibody response
- No vaccine is 100% effective. Although you may still get the flu after being vaccinated you are less likely to have severe symptoms and complications from the illness

Comparison of Williamson County  
Flu Season Trends



Anyone six months of age and older is eligible to be vaccinated. Some people should not get influenza vaccine or may need to wait. People who are moderately or severely ill usually wait until they recover before getting flu vaccine. Talk with your healthcare provider if you have any questions about getting the flu vaccine.

Influenza is among the most common respiratory illnesses in the United States, infecting millions of people every flu season. Every year, flu spreads across the country, from person to person, family to family, and community to community. The severity of flu illness can vary from mild to severe. When severe, flu complications can lead to hospitalization and sometimes death. Even healthy children and adults can get very sick from the flu.

For more information on immunizations in general go to <http://www.dshs.state.tx.us/immunize/default.shtm>. To learn more about WCCHD immunization clinic hours or other available programs visit *your public health department* at [www.wcchd.org](http://www.wcchd.org).