Press Release

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FOR IMMEDIATE RELEASE
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December 1st – December 7th is National Influenza (Flu) Vaccination Week

Canton, NY— Are you ready to fight the flu this season? The St. Lawrence County Public Health Department is encouraging everyone 6 months and older to get their flu shot. Getting a flu vaccine every year is the best way to protect yourself and your family from flu and its potentially serious complications.

The flu shot can:
- Reduce your risk of flu illness;
- Prevent potential serious complications, like pneumonia and;
- Decrease doctor’s visits; and
- Reduce missed work and school days due to the flu

While you may still get sick even if you are vaccinated, getting a flu shot can reduce the severity of your illness.

It’s important to remember the flu shot cannot cause the flu illness because the vaccines are made with inactivated viruses, meaning the viruses are no longer infectious. While the nasal spray flu vaccine does contain a live virus, the viruses are changed so they cannot give you the flu. After receiving the flu shot, it’s normal to experience a low-grade fever, headache, and muscle aches as this is your body’s way of responding to the flu vaccine by building up antibodies to fight the flu virus.

Getting a flu shot isn’t just about keeping yourself healthy; it’s about helping protect others around you who are more vulnerable to becoming sick like babies, elderly adults, and pregnant women.

It is not too late to get a flu shot! Flu shots are provided at doctor’s offices and local pharmacies. The Public Health Department can also provide flu shots to anyone 6 months or older. To schedule an appointment with Public Health, call 315-229-3451.

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