

Press Release

FOR IMMEDIATE RELEASE

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December 2nd – 8th is National Influenza Vaccination Week

The St. Lawrence County Public Health Department is encouraging everyone to get their flu shot! As family and friends gather for the holidays, flu activity is increasing. Everyone 6 months and older should get a flu shot, also known as the influenza vaccine.

There are many reasons to get a flu vaccine! The flu shot can:

- Reduce your risk of flu illness;
- Prevent potential serious complications;
- 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 that the flu vaccination 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 that 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 the flu virus.

Getting vaccinated isn't just about keeping yourself healthy; it's also about helping protect others around you who are more vulnerable to becoming sick like babies, elderly adults, and pregnant women. It's not too late, get your flu shot today!

Flu shots are given at doctors' offices and local pharmacies. The Public Health Department also provides flu shots to anyone 6 months or older. To schedule an appointment with Public Health, call 315-229-3411 or for further questions on the flu or flu vaccine, please call 315-386-2325.

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