



St. Lawrence County Public Health Department

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Press 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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