



St. Lawrence County Public Health Department

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Press Release

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It's National Immunization Awareness Month! Is Your Family Up to Date on Vaccines?

Canton, NY— The St. Lawrence County Public Health Department would like to make residents aware that it is National Immunization Awareness Month. This annual observance highlights the importance of getting recommended vaccines throughout your lifetime. You have the power to protect yourself and your family against serious diseases like whooping cough, cancers caused by HPV, pneumonia, measles, and influenza (flu).

This year, getting a flu shot will be more important than ever. The Centers for Disease Control (CDC) believes that its likely flu viruses and the virus that causes COVID-19 will both be spreading this fall and winter. Although the flu shot does not protect against COVID-19, it has many other important benefits such as; keeping you from getting sick with the flu, reducing the risk of hospitalization and death, reducing the severity of the illness in those who get vaccinated but still get sick, and protecting people around you who are more vulnerable to serious flu illness like babies, elderly adults, and people with chronic health conditions. The CDC recommends that all people 6 months and older get a flu shot each year. The St. Lawrence County Public Health Department encourages you to get your flu shot from your health care provider or neighborhood pharmacist to ensure you and your family members stay healthy.

Vaccines protect you by preparing your immune system to recognize and fight serious and sometimes deadly diseases. When you get vaccinated, you not only protect yourself but you also help protect the people around you who might be too young or too sick to get vaccinated themselves. Getting vaccines **on time** is one of the most important ways to protect yourself and others from serious diseases.

- Visit CDC's [Interactive Vaccine Guide](#), which provides information on the vaccines recommended during pregnancy and throughout your child's life.
- Use the CDC's [adult vaccine assessment tool](#) to see which vaccines might be right for you.

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