Flu Season Is Almost Here – Protect The Ones You Love

Flu season is quickly approaching and the best way to protect yourself, your family and the families you work with is to get a flu shot each year. It is recommended that everyone 6 months and older should be vaccinated.

There are specific recommendations for the 2013-2014 Flu season so please check with your Health Care Provider to inquire what you or your family members may need to do to be properly immunized.

Flu illness can vary from mild to severe and can be serious even in people who are otherwise healthy and Flu season is upon us already!

It can be especially dangerous for children younger than 5 and especially those younger than 2. Children of any age who have certain long term health conditions as well as people who have certain medical conditions including asthma, diabetes, and chronic lung disease may be at higher risk for developing complications if they get the flu. It can also be dangerous to pregnant women and people 65 years and older.

Please contact your families Health Care Provider or “Medical Home” where you receive regular health care to inquire what you can do to receive the flu vaccine this year.

You may also contact the local Public Health Departments in your community at the following web site and or phone number for more information:

Orleans County:
Go to www.orleansny.com/publichealth and click Immunization Clinics in the Links section on the right or call 589-2874.

Genesee County:
Call 344-2580

Or you may go to the CDC website at: http://www.cdc.gov/flu/protect/keyfacts.htm to obtain more information.