

NEWS RELEASE

For Immediate Release

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Get Your Flu Vaccination Now!

McCook - To reduce the spread of illness this holiday season Southwest Nebraska Public Health Department encourages you to get a flu vaccination during National Influenza Vaccination Week, Dec. 4-10. Getting a flu vaccine is a holiday gift you can give yourself and your family. This time of year, many people visit relatives with small children or those at high risk of complications from flu. Getting a flu vaccine is an opportunity to protect yourself and others against the flu's spread and its severity.

The CDC's Advisory Committee on Immunization Practices recommends flu vaccine for **ALL** individuals older than 6 months of age, particularly high risk people including:

- Children age 6 months to 19 years;
- Pregnant women;
- People 50 years old or older;
- People of any age with chronic health problems;
- People who live in nursing homes and other long-term care facilities;
- Health care workers;
- Caregivers of or people who live with a person at high risk for complications from the flu; and
- Out-of-home caregivers of or people who live with children less than 6 months old.

The CDC recommends a new flu vaccination each season for optimal protection. Healthy, non-pregnant people age 2-49 years can be vaccinated with either the flu shot or the nasal vaccine spray. Children younger than 9 years old, who did not receive a flu vaccination during the last flu season, should receive a second dose four or more weeks after their first vaccination.

In addition, good health habits such as washing hands often with soap and water, avoiding touching your eyes, nose or mouth and staying home from work or school when sick are important things you can do to protect yourself and your family.

For more information or to get a flu vaccination, call Southwest Nebraska Public Health Department at 1-308-345-4223, or see our website: www.swhealthdept.com or Facebook page. Southwest Nebraska Public Health Department is located at 404 West 10th McCook and serves Chase, Dundy, Frontier, Furnas, Hayes, Hitchcock, Perkins and Red Willow Counties.

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