



Department of Health
Agency of Human Services



National Influenza Vaccination Week from December 7-13



News Release: December 8, 2014

Media Contact:

Vermont Department of Health
Communication Office
802-863-7281

BURLINGTON – The flu is spreading in Vermont, but it's not too late to get your flu vaccine. Flu season tends to peak between December and February, and can extend as late as May, so there's still time to get protected and limit the spread of flu among family and friends. In 2013, about 44 percent of all Vermont adults received a flu vaccine.

The Centers for Disease Control and Prevention (CDC) recommends a yearly flu vaccine for everybody ages 6 months and older. Some people are at higher risk for serious flu-related complications, like pneumonia, which can lead to hospitalization and sometimes death. This includes young children, pregnant women, adults older than 65, and people with certain chronic health conditions like asthma, diabetes or heart disease.

"The flu vaccine can prevent the flu or lessen symptoms associated with it – so it's a good practice to get vaccinated each year and prevent spreading infection among family and friends in this busy time of year," says Christine Finely, program manager for the Vermont Immunization Program.

Influenza vaccine can be given as a shot or a nasal spray. Flu shots are available for everyone six months and older, including pregnant women. The nasal spray is available for healthy people 2-49 years, but is not approved for use in pregnant women.

The flu vaccine is the best way to help to protect against this disease, as it can reduce flu illness, doctor's visits, missed work days, and prevent flu-related hospitalizations. Other ways to prevent the spread of viruses include washing hands frequently and staying home when sick.

To find a flu clinic near you, visit http://healthvermont.gov/prevent/flu/flu_clinics.aspx

For health news, alerts and information - visit healthvermont.gov

Join us on [Facebook](#)

Follow us on [Twitter](#)

###

Vermont Department of Health | 108 Cherry Street | Burlington, VT 05402
Voice: 802-863-7200 | In Vermont 800-464-4343 | Fax: 802-865-7754 | TTY/TDD: Dial 711 first
Health Care Provider Infectious Disease Reporting: 802-863-7240 or 800-640-4374
||| | [Web Browser](#)

