



Department of Health
Agency of Human Services



Health Department Urges Vermonters to Get Flu Shot

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BURLINGTON – The Department of Health is urging people to get their flu shot, as an early flu season is underway nationally and here in Vermont.

“Don’t wait until someone around you gets sick to get vaccinated,” said Patsy Kelso, state epidemiologist for infectious disease. “It takes up to two weeks for the shot to be effective, so do not delay this year. Get your shot.”

Flu vaccine is recommended for everyone age 6 months and older.

Flu viruses spread mainly through droplets spread through the air when people with flu cough, sneeze or talk. You can also get the flu by touching a surface or object that has flu virus on it and then touching your own mouth, eyes or nose.

Actions that everyone can take to stay healthy and keep illness from spreading:

- Cover your mouth and nose with a tissue or your sleeve every time you sneeze or cough.
- Wash your hands often and well with soap and water.
- Use a hand sanitizer if soap and water are not available.
- Keep hands away from your eyes, nose and mouth.
- Stay home from work, school or public places when you’re sick.

Flu symptoms typically include fever, headache, tiredness, dry cough, sore throat, runny or stuffy nose, and body aches.

People at high risk of developing serious flu-related complications are:

- Pregnant women
- Young children, especially infants
- People 65 years of age and older
- People at any age with certain chronic medical conditions (such as asthma, diabetes, heart disease).

For questions about the flu, visit the Health Department’s website at healthvermont.gov.

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