



**District Health
Department #10**
Healthy People, Healthy Communities



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COUNTIES SERVED:

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THERE IS STILL TIME TO PROTECT AGAINST FLU

This is National Influenza Vaccination Week

December 5, 2023 – The holidays are here, and while that means more opportunities for spreading cheer, there is also more opportunity for spreading flu and other respiratory viruses as people travel and gather with family and friends. Join District Health Department #10 (DHD#10) for National Influenza Vaccination Week (Dec. 4-8). This is an important reminder to check off that one thing no one should go through the holiday season without: a flu vaccine.

“As we celebrate throughout the holiday season, it is important to keep in mind the health of ourselves and our loved ones” said DHD#10 Family Health Supervisor, Jody Sroka. “The flu vaccine not only helps protect you from getting sick, but it can also help reduce the spread of flu in your family and community.”

Fast Fact from the CDC:

- Flu vaccines are the only vaccines that protect against flu. They protect against the four flu viruses that research indicates will be the most common during flu season.
- Flu vaccines are critical for people with certain chronic health conditions. In past flu seasons, 9 out of 10 adults hospitalized with flu had at least one reported underlying medical condition.
- Flu vaccines can be lifesaving in children, and flu vaccination helps protect pregnant people during pregnancy, as well as their baby for several months after birth.
- Flu vaccines are needed every year – and there’s still time to get vaccinated. Flu viruses are constantly changing, and multiple flu viruses can circulate at the same time during any given flu season.
- Getting an annual flu vaccine is recommended for everyone 6 months and older and is the best way to help protect against flu.

There’s still time for you and your loved ones to get vaccinated, it’s never too late.

You can schedule your flu vaccine with DHD#10 online at

<https://www.dhd10.org/schedule> or by calling 888-217-3904.

Additional information about the seriousness of flu and the benefits of flu vaccination can be found on the CDC website, <https://www.cdc.gov/flu/prevent/flushot.htm>, or by calling the CDC at 1-800-CDC-INFO.

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