



"Your Local
Health Department"

NEWS RELEASE

December 1, 2017

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FOR IMMEDIATE RELEASE

National Influenza Vaccination Week (NIVW)

The Branch-Hillsdale-St. Joseph Community Health Agency will be participating in National Influenza Vaccination Week. This year National Influenza Vaccination Week is set for December 3-9, 2017. This week will provide public health professionals the opportunity to work together to promote the importance of getting a flu vaccine and also remind everyone 6 months and older that it is not too late to get a flu vaccine.

Influenza, also known as the flu, is a contagious respiratory illness caused by influenza viruses that infect the nose, throat and lungs. The flu virus can be detected year-round in the United States but is most common during the fall and winter season. The influenza virus can cause mild to severe illness, and at times death, if not treated. The virus is spread mainly by droplets when people with the flu cough, sneeze or talk. Children under the age of 5, adults 65 and older, pregnant women and people with weakened immune systems have a high risk of developing flu complications. Symptoms include cough, fever, sore throat, headaches, chills, fatigue, stuffy or runny nose and sometimes vomiting and diarrhea.

The best defense against influenza is to receive an annual influenza vaccine. The flu vaccine causes antibodies to develop in the body two weeks after vaccination. These antibodies provide

protection against infection with the viruses in the vaccine. The flu vaccine can keep you and others around you from getting the flu. The Center for Disease Control and Prevention recommends everyone 6 months and older get a flu vaccine each year. If you haven't gotten your flu shot, see your doctor or other health care professional to get the flu vaccine.

The health department reminds everyone that this is the best time of year to get the flu shot. Getting the flu shot can still minimize your chances of coming down with the flu and spreading it to those around you. We accept all major insurances. To learn more about influenza, its symptoms and how to prevent it, check out our website at www.bhsj.org and press the Quick Info About Health Topics button. Also, be sure to like our Facebook page at www.facebook.com/bhsj/wic/.