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For Immediate Release: Tuesday October 9, 2018

2017 – 2018 Flu Season Worst in Four Decades!

The Cayuga County Health Department is encouraging everyone to get the seasonal flu vaccine. It is recommended by the Centers for Disease Control (CDC) that everyone 6 months of age and older receive a flu shot each year. Everyone should be vaccinated yearly because flu strains often change from year to year.

The 2017-2018 flu season, according to the Centers for Disease Control and Prevention, was the deadliest flu season in four decades. It was a high severity season with increased levels of illness and hospital admissions across all age groups!

2018-2019 flu vaccines have been updated to better match circulating viruses.

It is especially important to vaccinate those individuals at high risk for complications from the flu and those who have contact with people at high risk.

Individuals at high risk include:

- Children 6 months of age through five years of age.
- Pregnant women
- People 50 years of age and older
- Those with other illnesses or otherwise immunocompromised (asthma, heart disease, diabetes)
- Those who live in nursing homes and other long-term care facilities

It is extremely important for you to be vaccinated if you live with or care for those who are at high risk for complications. This includes:

- Health care workers
- Household contacts of individuals who have a medical conditions that puts them at high risk for complications
- Household contacts and caregivers of children less than five years of age, especially those younger than six months of age. This includes daycare providers!!
 - Children younger than six months are too young to be vaccinated.

Statistics show that children are most likely to get the flu and seniors are most likely to die from the flu.

The Health Department has flu shots available for children and adults!! We will bill your insurance for the shot if your insurance covers it. We also bill Medicare Part B. If you do not have insurance, no problem, give us a call.



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The Cayuga County Health Department is hosting two flu clinics:

- **Wednesday, October 17, 2018** from 10am until 2pm at the Town of Sterling Municipal Offices.
 - Appointments can be scheduled by calling our main line at 315-253-1560.
 - Walk-ins are welcome, appointments are preferred.
- **Friday, October 19, 2018** from 9am until 1pm at our office located at 8 Dill St.
 - Appointments can be scheduled by calling our main line at 315-253-1560.
 - Walk-ins are welcome, appointments are preferred.
- **Flu shots are available at our weekly immunizations clinics.**
 - Appointments can be scheduled by calling our main line at 315-253-1560.
 - We will bill for the shot if your insurance covers it.

Flu shots are also available at:

- Your health care provider may have flu shots available
- Pharmacies throughout the county offer flu shots

Getting vaccinated against the flu is the best way to protect your health as well as the health of your family, friends, and others. It takes 10-14 days to build up your full immunity after receiving the flu shot, so get vaccinated today!

Anyone with questions or concerns can call the Cayuga County Health Department at 315-253-1560 or visit our website: www.cayugacounty.us/immunization
