



**Kathleen Cuddy, MPH
Public Health Director
Cayuga County Health Department
8 Dill St.
Auburn, NY 13021**



For Immediate Release: Tuesday, November 12, 2019

Last Flu Season Longest in a Decade!

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.

Last flu season may not have been as severe as the 2017-2018 flu season, but it set a record of its own, the Centers for Disease Control and Prevention (CDC) say. It was the longest in a decade, with flu activity remaining elevated for 21 weeks, starting in November 2018, peaking in February 2019 and trailed off in April.

In total, the CDC estimates that during the 2018-2019 flu season, 647,000 people were hospitalized and 61,200 died, including 116 children.

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!

Vaccination is particularly important for people who are at high risk of serious complications from the flu.

Individuals at high risk include:

- Children younger than five years of age, especially those less than two years old.
- Pregnant women
- People 65 years of age and older
- People of any age with certain chronic medical conditions (such as 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 two years of age. This includes daycare providers!!
- **Children younger than six months are too young to be vaccinated.**



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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 vaccine available for children and adults!! Flu mist and flu shots are available at our weekly immunizations clinics.

- Appointments can be made by calling 315-253-1560.
- 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.

Flu shots are also available at:

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

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