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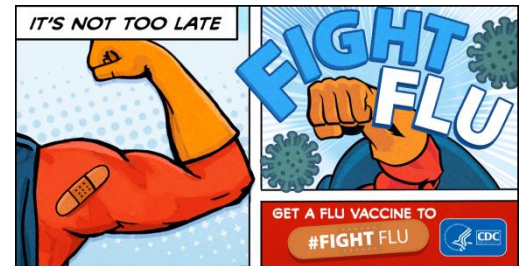
Allison Gosbin, RN, CIC
Public Health Nurse
715-839-4718
allison.gosbin@co.eau-claire.wi.us

National Influenza Vaccination Week

December 4-10, 2016

Eau Claire, WI, December 6, 2016 – Each flu season, millions of people in the United States become sick with influenza. Hundreds of thousands are hospitalized, and thousands of people die from the flu each year. National Influenza Vaccination Week is a good time to remind people to get a flu shot.

“We are encouraging people who have not yet been vaccinated this season to get vaccinated now,” states Allison Gosbin, Public Health Nurse at the Eau Claire City-County Health Department, “It takes a couple of weeks for the flu shot to fully kick in. We want people to share happy moments at the holidays, not fevers, sore throats, muscles aches, and the other miserable symptoms that come with the flu.”



While seasonal flu activity varies, it usually peaks between December and February. An annual flu vaccine is the best way to protect against this potentially serious disease. Everyone 6 months of age and older should get a flu vaccine every season.

Flu shots are available at your healthcare provider, your local health department, and many pharmacies within the community. For more information about the flu vaccine, see <http://www.cdc.gov/flu/protect/vaccine>.

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