

Klamath County Public Health

FOR IMMEDIATE RELEASE

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National Preparedness Month: Get the flu vaccine before the end of October

KLAMATH FALLS, Ore. – September is National Preparedness Month and Klamath County Public Health officials encourage residents to get vaccinated for the flu before the end of October.

Yearly flu vaccination is the best tool currently available to protect against influenza (flu), a serious disease which sickens millions of people each year.

The Centers for Disease Control and Prevention (CDC) recommends a yearly flu vaccination as the first and most important step in protecting against flu and its potentially serious complications. Millions of people have safely received flu vaccines for decades. Flu vaccination can reduce flu illnesses, doctors' visits, and missed work and school due to flu, as well as prevent flu-related hospitalizations.

Residents should get a flu vaccine before flu begins spreading in the community. It takes about two weeks after vaccination for antibodies that protect against flu to develop in the body, so make plans to get vaccinated early in fall, before flu season begins. CDC recommends that people get a flu vaccine by the end of October.

Getting vaccinated later, however, can still be beneficial and vaccination should continue to be offered throughout flu season, even into January or later.

Children who need two doses of vaccine to be protected should start the vaccination process sooner, because the two doses must be given at least four weeks apart.

Reasons to get a flu vaccine:

- Flu vaccination can keep you from getting sick from flu.
- Flu vaccination can reduce the risk of flu-associated hospitalization, including among children and older adults.
- Vaccination helps protect women during and after pregnancy. Getting vaccinated also protects the baby several months after birth.
- Getting vaccinated yourself also protects people around you, including those who are more vulnerable to serious flu illness, like babies and young children, older people, and people with certain chronic health conditions.
- Receiving a flu vaccine can help to minimize many of the flu symptoms if you do get sick.
- A 2014 study showed that flu vaccine reduced children's risk of flu-related pediatric intensive care unit (PICU) admission by 74% during flu seasons from 2010-2012
- Another study published in the summer of 2016 showed that people 50 years and older who got a flu vaccine reduced their risk of getting hospitalized from flu by 57 percent.