National Influenza Vaccination Week – December 6-12, 2015
Morgantown, WV – December 1, 2015

Centers for Disease Control and Prevention (CDC) established National Influenza Vaccination Week in 2005 to highlight the importance of continuing flu vaccination through the holiday season and beyond.

Influenza is a respiratory infection that can cause serious illness and complications, lead to hospitalization and sometimes even death. Every flu season is different, and influenza infection can affect people differently. Even healthy people can get very sick from the flu and spread it to others. Flu shots are the most effective way to prevent influenza and its complications. CDC recommends that everyone 6 months of age or older be vaccinated annually against influenza.

Getting vaccinated not only protects you, but also helps protect high risk members of the community and those who are unable to receive a vaccination. High risk groups include seniors, young children, and those with medical conditions. Children under 6 months, persons allergic to the flu vaccine and those with immunosuppressive conditions are unable to be vaccinated.

Over the past few years, influenza vaccine has prevented millions of flu cases and tens of thousands of related hospitalizations, according to the CDC. “Flu season” in the United States can begin as early as October and last as late as May. It's not too late to protect yourself and those around you. Because it’s December it is even more of a reason to get your flu vaccine now. It takes two weeks for your immune system to develop peak protection. The flu vaccine isn't perfect, and it doesn't guarantee 100 percent that you won't get influenza, but it still remains your best protection against the flu.

The Monongalia County Health Department (MCHD) vaccination program offers standard flu shots as well as the “High Dose” flu shot specifically developed for seniors. Individuals and families can call the MCHD to set up an appointment to be vaccinated. The health department is also available to travel to your workplace and vaccinate your employees. To set up an appointment, make arrangements for a workplace visit, inquire about what insurances are accepted or general information call 304-598-5119.

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