



NEWS RELEASE

For Immediate Release:
December 7, 2015

For More Information, Contact:
Amy Schwartz, MPH
Division of Disease Control
Phone: 701.328.2378
E-mail: amschwartz@nd.gov

Celebrate National Influenza Vaccination Week by Getting Your Flu Vaccine

BISMARCK, N.D. – The North Dakota Department of Health (NDDoH) reminds all North Dakotans of the importance of receiving the flu vaccine as part of National Influenza Vaccination Week, which is being observed from Dec. 6 to 12.

“Despite some initial delays, there is more than enough flu vaccine available this year for anyone who wants to be vaccinated,” said Amy Schwartz, Immunization Surveillance Coordinator for the NDDoH. “We recommend everyone ages 6 months and older be vaccinated, regardless of health status. It’s important to remember that getting vaccinated not only protects you, but everyone around you as well.”

Influenza vaccinations are available at physician offices, local public health units, and most pharmacies. Forty cases of influenza have been reported to the NDDoH so far this season. The flu typically does not peak in North Dakota until after the New Year, but the past two years have demonstrated early influenza activity. Now is a great time for people to get vaccinated if they have not done so already.

“The flu vaccine protects against flu viruses that research indicates will cause the most illness that year,” said Schwartz. “Protection from vaccination declines over time, so it’s important to get vaccinated each season. Yearly vaccinations are the best way to protect yourself and your family each flu season.”

The U.S. Centers for Disease Control and Prevention recommends that everyone be vaccinated against the flu, especially the following:

- Children age 6 months through 18 years
- Adults ages 50 and older
- Residents of long-term care facilities
- Pregnant women
- American Indians

– more –

- People of any age who have long-term health problems, such as:
 - Heart disease
 - Lung disease
 - Kidney disease
 - Diabetes
 - Asthma
 - Anemia
 - Weakened immune systems due to HIV/AIDS and cancer treatments
 - Breathing problems due to neuromuscular disorders
 - Morbid obesity

People who could spread the disease to those at high risk – such as health care workers, people who care for family members or other sick people in their home and household contacts also should be vaccinated.

Contact your local public health unit, healthcare provider, or pharmacist for information about vaccine availability. For any other details about influenza, visit www.ndflu.com.

REMEMBER: The flu vaccine can protect not only you but everyone around you.

###

Please note: To access archived news releases and other information, visit the North Dakota Department of Health Press Room at www.nddohpressroom.gov.

Find us on Facebook at www.facebook.com/ndhealth and Twitter at twitter.com/nddoh.