

NEWS RELEASE

For Immediate Release:
September 26, 2017

For More Information, Contact:
Lexie Barber or Jill Baber
Division of Disease Control
Phone: 701.328.2378
E-mail: abarber@nd.gov or jbaber@nd.gov

North Dakota Department of Health Partners with UND Hockey to Encourage Annual Flu Vaccination



*UND Student-Athlete Johnny Simonson receives his annual flu vaccine from
UND Student Health Immunization Compliance Nurse Julie Tennison while Cam Johnson waits his turn.*

GRAND FORKS, ND – The North Dakota Department of Health (NDDoH) encouraged everyone to get vaccinated for the flu this season at their flu vaccination kickoff event. During yesterday’s news conference, UND hockey players Cam Johnson and Johnny Simonson were immunized by UND’s student health. “UND student-athletes spend a large amount of time together during the season. Unfortunately, this increases the chances of spreading something like influenza. A flu vaccine is offered to student-athletes to protect themselves and the others around them. Everyone should consider a flu shot for the same reasons,” said Steve Westereng, Chair of the Department of Sports Medicine at the UND School of Medicine and Health Sciences.

-continued-

According to Lexie Barber, Epidemiologist with the NDDoH, “Getting the flu vaccine is the easiest way to protect yourself, as well as your friends and family, from the flu.” Everyone six months and older should receive the flu vaccine. Anyone can get the flu, including healthy people. When more people get the flu vaccine, the virus does not spread as easily and quickly to those who are vulnerable to serious complications from the flu. Those who are more likely to develop serious complications include infants and young children, pregnant women, people older than 65, and those with chronic medical conditions.

Influenza is a respiratory disease. The most common symptoms are fever, cough, sore throat, headache, chills and body aches. In North Dakota, flu activity begins in the fall and typically peaks between January and March. Influenza cases for the 2017-2018 season have already been reported in the state. People can get vaccinated anytime during the influenza season, but the best time to get vaccinated is as soon as vaccine becomes available and by the end of October, if possible. Vaccination does not protect against other respiratory diseases or viruses that cause “stomach flu.”

Many health care providers have already begun offering influenza vaccine. North Dakotans are encouraged to contact their health care provider, local public health unit, or pharmacist for information about influenza vaccine availability in their area.

For more information, contact Lexie Barber or Jill Baber, NDDoH, at 701.328.2378. Information about influenza can be found at www.ndflu.com.

– end –

Please note: A high-resolution photo of this event is available for download at <https://www.flickr.com/photos/ndhealth/36662981763/in/photostream/>

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

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