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**For Immediate Release**

### **GET VACCINATED!**

If you have ever had the flu, you know it can knock you out – with members of your family, friends and co-workers not far behind. Although the prevalence of H1N1 influenza disease in the community declined the end of 2009; it is important to realize that we are entering the traditional peak flu season.

January through March is usually the peak time for influenza transmission. H1N1 flu activity and hospitalization continue to be identified throughout the state and prior influenza Pandemics have had several waves of disease and it is very possible that another wave of H1N1 will occur this winter. The more people who are vaccinated, the greater the chance of preventing another wave of illness.

Therefore, the Otsego County Department of Health is continuing to encourage individuals to BE VACCINATED against the seasonal and H1N1 influenzas.

Millions of people have safely received the seasonal and H1N1 vaccinations. Any side affects that have occurred since people started receiving the H1N1 vaccination have been similar to those experienced following seasonal influenza vaccine.

Flu vaccines are very safe and effective and closely monitored for any potential side effects. **It's important to realize that the flu vaccine cannot give you the flu.** Why? Because the injected flu shot contains inactivated (killed) viruses, and the nasal spray contains attenuated (weakened) viruses and cannot cause flu illness. If you get the flu soon after getting the flu vaccine, it means that you may have been exposed to the virus shortly before getting vaccinated or during the two-week period it takes the body to gain protection after getting vaccinated; or you are sick with a non-flu respiratory virus that has similar symptoms to those of the flu.

It is important to recognize that Getting Vaccinated is the Best Defense against Influenza. Get Vaccinated Now!

The following is a list of clinics open to the public for both seasonal and H1N1 vaccination opportunities.

The H1N1 immunization is being offered at no cost; while the seasonal flu vaccines are being offered for \$25 each, or billed to Medicare with a valid Medicare card. No appointment is necessary, and immunizations will be given on a first come, first served basis.

January 13, 2010 @ Fox Care Center: 9am – 12 noon

January 19, 2010 @ 242 Main Street Oneonta: 10am – 12 noon

January 21, 2010 @ 140 County Hwy 33W – Meadows Office Complex 1pm – 3 pm

January 26, 2010 @ 242 Main Street Oneonta: 1pm – 3pm

January 28, 2010 @ 140 County Hwy 33W – Meadows Office Complex 10am – 12 noon