
Flu Season Has Arrived

Influenza (flu) season has arrived. The NYS Department of Health is reporting widespread Influenza in every county in New York, including Westchester. About 2 weeks after vaccination, antibodies are produced that protect you against the development of Influenza.

If you and your family members have not been vaccinated against Influenza, **now is the time to be vaccinated.** We recommend that you contact your health practitioner's office for an appointment OR access Flu vaccine at a walk-in clinic, like those at pharmacy chain stores (e.g., CVS, Walgreens).

Flu vaccine is recommended for everyone who has reached 6 months of age, especially people who are considered higher risk and should get vaccinated as soon as possible. They include:

- children 6 months of age up to their 19th birthday
- pregnant women
- people 50 years or older
- individuals of any age with certain chronic illnesses i.e., asthma, heart disease.

The Flu shot contains killed virus, and the side effects include soreness, redness or swelling at the site of injection; low grade fever and aches. There is also a "live attenuated" Flu vaccine (LAIV) administered via the nose. This vaccine is for healthy individuals, ages 2-49 (LAIV is not given to pregnant women). The Flu vaccine does not cause you to develop the Flu.

Children are considered to be very "efficient spreaders" of Flu. **The Flu is much more likely than a common cold to lead to serious complications.** Therefore, parents are well-advised to have their school age children vaccinated and school staff are urged to do the same.

City School District Health Services Department
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