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FOR IMMEDIATE RELEASE

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August is National Immunization Awareness Month
PCDOH Announces Three Flu Clinic Dates for Fall

Brewster, NY— August is National Immunization Awareness Month (NIAM) and this year's theme is promoting immunization across the lifespan. August is also not too early to make plans for your fall flu shot. The Putnam County Department of Health (PCDOH) has announced three fall dates for its adult influenza (flu) clinics and will be offering school-based clinics in all Putnam County school districts for students and staff this upcoming flu season.

“Immunization is important from infancy,” says Allen Beals, MD, Commissioner of Health. “Many childhood illnesses that once posed serious risks have been eliminated through vaccination, and children as young as six months should get a flu vaccine,” Dr. Beals continues.

Babies should begin receiving their immunizations at birth and can be fully protected against 14-vaccine preventable diseases by age six. Pregnant women and caregivers should further ensure their children's health by protecting themselves with appropriate vaccination. Teens and young adults heading off to school or college have other specific health concerns including meningitis and cervical cancer for which vaccines offer safeguards; and for older adults a vaccine against shingles is recommended. Influenza immunization is also important for anyone over six months of age, and flu season can start as early as October.

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“Since the flu vaccine takes about two weeks to provide its full protective effect,” explains Dr. Beals, “we recommend getting it in early September or October.”

The PCDOH flu clinics dates are: Monday, Sept. 16 at the Carmel Fire Department; Wednesday, Oct. 9 at the Garrison Fire Department, and Monday, Oct .21 at Carmel Fire Department. The clinic hours for each location are 2 to 6:30pm. (Dates and times may be subject to change. Check the PCDOH website and social media sites, or the check the “Flu Hotline” at 845-808-1390, option 1, for any updates.) For information about school-based clinics, parents should check the school calendar or contact their school nurse.

The Health Department’s mission is to improve and protect the health of Putnam County residents through prevention of illness and injury. Core services include community health assessment, disease surveillance and control, environmental health protection, family health promotion and health education. For more information, please visit our website at www.putnamcountyny.gov; or visit our social media sites on Facebook at www.facebook.com/putnamhealth and Twitter @PutnamHealthNY.

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For a complete list of required immunizations, visit: <http://www.cdc.gov/vaccines>