



The  
Putnam  
County

# TIMES

# FREE

Local  
Postal Customer

PRST STD  
ECRWSS  
US POSTAGE  
PAID  
EDDM RETAIL

PUTNAM COUNTY'S LOCAL NEWSPAPER

This paper publishes official notices for Putnam County, Kent, Southeast, Brewster, Patterson

VOL. 159 NO. 37

P.O. BOX 608, MAHOPAC, NEW YORK 10541

845-628-8400

PUTNAMPRESS@AOL.COM

WEDNESDAY, SEPTEMBER 13, 2017

## Flu Season Coming Soon

*Continued from Page 1*

offered for seniors age 65 years and older, as studies show this vaccine is more effective for this population.

Nasal FluMist will not be available, at the recommendation of the Centers for Disease Control. Pneumonia vaccine will also not be available.

Appointments are not necessary, but a signed consent form is required, and is available on the health department's immunization page on the Putnam County website at [www.putnamcountyny.com/health/immunization](http://www.putnamcountyny.com/health/immunization) under "Flu Vaccine." In order to streamline the registration process, people are encouraged to print and complete the form, and bring it with them to the clinic. The forms will also be

available at the clinics.

More public flu clinics may be held later this year, and any future dates will be announced on the health department's website and through social media.

Flu vaccination is also offered by the health department in all school districts this fall for students and staff only. Check the school calendar or with the school nurse for details of these school-based clinics.

The mission of the Putnam County Department of Health, nationally accredited by the Public Health Accreditation Board, is to improve and protect the health of the community, composed of nearly 100,000 residents. Core services include community health assessment, disease surveillance and control, emergency preparedness, environmental health protection, family health promotion, and health education.

For more information, visit [www.putnamcountyny.com](http://www.putnamcountyny.com), [www.facebook.com/putnamhealth](http://www.facebook.com/putnamhealth), and Twitter @PutnamHealthNY.

## Flu Season Coming Soon

### *Have You Gotten Your Vaccination?*

Predicting how severe the next flu season will be is often a guessing game. Experts usually look at what happens in the southern hemisphere, where the flu season comes first. Based on that, the forecast for the upcoming flu season in Putnam – starting in October and running through next spring – is that it will be worse than last year.

Three public flu clinics are scheduled for the fall, hosted by the Putnam County Department of Health: Two clinics are planned at the Carmel firehouse at the corner of Route 52 and Vink Drive, on Mondays, Sept. 25 and Oct. 23; and another is scheduled Wednesday, Oct. 18 at the Garrison firehouse, 1616 Route 9.

The health department's skilled and experienced public health nurses will be giving flu shots at each site between 2 to 6:30 p.m.

"Early vaccination offers the best protection," said Dr. Michael Nesheiwat, interim commissioner of health. "Antibodies take about two weeks to develop, so receiving your shot early means your protection starts sooner and reduces your risk of becoming sick.

"Flu shots are important for other reasons, as well," he contin-

ued. "You save money on medical and prescription costs, and you avoid being absent from work. From a public health standpoint, flu immunization is important because it provides what we call 'herd immunity,' and those who can't be vaccinated because they are too young, or have a specific medical condition, are protected, as well. It is the right thing to do."

Certain people need to be vaccinated, such as pregnant women, children age 6 months through 18 years of age, people older than 50 years of age, and those with chronic (long-lasting) medical conditions and those who live with them. All these groups may have serious health problems if they get the flu themselves, or may cause serious problems for others.

Health care workers are also required to get the flu vaccine in order to protect their patients.

The upcoming clinics are open to all Putnam County residents 18 years of age and older (proof of residency is required). The vaccination fee is \$25 for residents younger than 65 years of age. It is free for those 65 years and older, or with a Medicare card. High-dose flu vaccine is being

*Continued on Page 15*