



PUTNAM COUNTY DEPARTMENT OF HEALTH

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www.putnamcountyny.gov/health

A PHAB-ACCREDITED HEALTH DEPARTMENT

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FOR IMMEDIATE RELEASE

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**“Last Chance” Flu Clinic Set for Dec 3 at the Putnam County Department of Health;
National Influenza Vaccination Week runs from Dec 1 through 7**

BREWSTER, NY—The flu season may have gotten off to a slow and steady rise, but there is no way to predict when a spike may occur. In New York, flu activity is usually highest between December and February. A “last chance” public flu vaccination clinic is scheduled for Tuesday, December 3, hosted by the Putnam County Department of Health as part of National Influenza Vaccination Week. The recognition week, which runs from December 1 through December 7, focuses attention on the importance of flu vaccination for all ages. These illnesses often linger into spring as well.

“If you have not yet received your flu shot, we hope you will take advantage of the health department’s ‘last chance’ clinic,” says County Executive MaryEllen Odell. “It offers the best protection to ensure you don’t miss out on school or work, or any of our important holiday and family gatherings this month or next.”

Health Commissioner Michael J. Nesheiwat, M.D. also reminds everyone that, “Pregnant women and those with chronic health issues should take extra care to get immunized against the flu. Those with heart disease, lung disease, and diabetes are at increased risk of flu-related complications and exacerbation of underlying disease, even if these conditions are well-managed.” This wise advice is supported by a new campaign, represented by the hashtag #LowerYourFluRisk launched by the National Foundation for Infectious Diseases.

The clinic will be held at the health department office at 1 Geneva Road in Brewster, from 2 to 6:30 p.m. No appointments are necessary. Any Putnam County resident, 18 years and older, is eligible to receive flu vaccine at this clinic. The fee, covering vaccine cost and administration, is \$25. There is no fee for those over age 65 or with a Medicare card. High-dose flu vaccine will be available for individuals, 65 years and older, which studies have shown appears more effective in fighting flu in seniors. The nasal spray flu vaccine and pneumonia vaccine will not be available at this clinic.

The more individuals who get vaccinated, the more people will be protected from the flu, including older people, very young children, pregnant women and individuals with certain health conditions who are more vulnerable to serious flu complications. For questions concerning flu vaccination or in the event of inclement weather, please call the Health Department at (845) 808-1390.

The mission of the Putnam County Department of Health, nationally accredited by the Public Health Accreditation Board (PHAB), is to improve and protect the health of the Putnam County 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, please visit our County website at www.putnamcountyny.com ; or visit our social media sites on Facebook at www.facebook.com/putnamhealth and Twitter @PutnamHealthNY.

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