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PRESS RELEASE – For Immediate Release

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Keep Christmas Merry- Get Your Flu Shot Today!

SOUTH CENTRAL IDAHO – With a little less than three weeks until Christmas, now is the perfect time to get your flu shot and protect your health during family gatherings.

“It takes up to two weeks for a vaccine to fully boost your immune system,” says Logan Hudson, Public Health Division Administrator. “If you wait until a family member or neighbor has the flu to get vaccinated- it won’t be as effective.”

Vaccination is especially important for people at high risk for serious flu complications including children under the age of two, pregnant women, people with chronic health conditions, and the elderly. **Residents over the age of 65 are encouraged to get the high dose version of the flu vaccine for best protection. SCPHD has plenty of high-dose flu available.**

“We typically see our local flu season spike in January and February, often spurred on by gatherings around Christmas and New Year’s Eve,” Hudson said. “Now is the perfect time to get the shot and protect your health.”

The flu is contagious before symptoms start, so practicing good hygiene at all times can help prevent its spread. SCPHD recommends people:

- Get a flu vaccination.
- Wash hands often (for at least 20 seconds!), particularly after sneezing and coughing.
- Avoid touching your eyes, nose, and mouth whenever possible.
- Cover your coughs and sneezes with your elbow or a tissue.
- Stay home when sick. Wear a mask if you absolutely have to go out.

Resources:

Visit phd5.idaho.gov for clinic schedules and contact information.

To see the latest outbreak map in Idaho: <https://www.gethealthy.dhw.idaho.gov/infectious-diseases-seasonal-flu>

The flu season, explained:

<https://www.cdc.gov/flu/about/season/index.html#:~:text=While%20influenza%20viruses%20spread%20year,varies%20from%20season%20to%20season.>