

Livingston, NJ Health Department
December 12, 2011

**THE CENTER FOR DISEASE CONTROL
STATES “IT’S NOT TO LATE TO VACCINATE”**

Don’t fall for the myth that it’s too late to vaccinate against the flu. The Health department wants to share this information with residents. Flu activity doesn’t usually peak until January or February in the United States but can last as late as May. A flu vaccine offers the best protection we have against this disease. Once vaccinated, it takes 2 weeks for the body’s immune system response to kick in. The CDC recommends a yearly vaccine for everyone 6 months and older. There are certain people who are at high-risk for developing serious flu-related complications:

- Pregnant women
- Children especially younger than 2years old
- People 65 years and older
- People of any age with chronic medical history i.e. diabetes, cardiac, respiratory and kidney disease and people who are immune-suppressed

In addition, there are others for whom vaccination is especially important:

- Health care workers
- Household contacts of persons at high risk for the flu
- Household contacts and out of home caregivers of children under 6 month of age(*these children are too young to be vaccinated*)

**REMEMBER “THE FLU ENDS WITH YOU”
GET THE VACCINE, NOT THE FLU**

<http://www.cdc.gov/flu/professionals/vaccination>