



Jackson County Department of Public Health

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There is still time to protect against the flu

The holidays are here, and while that means more opportunities for spreading cheer, there is also more opportunity for spreading flu and other respiratory viruses as people resume travel and gather with family and friends. National Influenza Vaccination Week (December 5-11) is an important reminder to check off one thing no one should go through the holiday season without: a flu vaccine.

Flu activity during the 2020-2021 season was very low, likely because COVID-19 prevention measures—and it's important to know that immune protection against flu decreases over time, so many people may have reduced immunity to the flu this season. As we celebrate this holiday season, health experts at the Centers for Disease Control and Prevention (CDC) are particularly concerned about the impact reduced immunity could have on people who are already at higher risk of developing serious flu complications, including those with certain chronic health conditions like asthma, heart disease, and diabetes.

While it is ideal to get the flu vaccine before flu starts spreading in our community, getting vaccinated later is still beneficial during most seasons. Flu most commonly peaks in February and significant activity can continue into May, so there is still time to get vaccinated if you haven't already. This National Influenza Vaccination Week, go to your doctor, local pharmacy or local health department, encourage your loved ones to get their flu vaccines, and learn more about the benefits of getting vaccinated against the flu.

Getting an annual flu vaccine is recommended for everyone 6 months and older and is the best way to protect against the flu. There is still time for you and your loved ones to get vaccinated; get your vaccine today.

Flu vaccines are available by appointment at the Jackson County Department of Public Health on Mondays, Wednesdays, and Fridays through our General Clinic. Call 828-587-8289 to schedule your appointment.

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