



EDDIE A. PEREZ
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CITY OF HARTFORD

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CARLOS RIVERA
Director

VACCINATE AGAINST SEASONAL FLU

-- MEDIA AND COMMUNITY RELEASE --

The City of Hartford advises its residents to take action in keeping Hartford healthy by vaccinating against the seasonal flu. Each year in the United States, approximately 5% to 20% of the population gets the flu; over 200,000 people are hospitalized from flu complications; and about 36,000 people die from seasonal flu. Seasonal Influenza (Flu) outbreaks can happen as early as October and the flu activity usually peaks in late January or February.

Mayor Eddie Perez stated, “It is vital that residents recognize that the single best way to protect against the seasonal flu is to get vaccinated each year. The seasonal flu vaccine is already available and is being distributed through many outlets, including local pharmacies, hospitals, doctors’ offices and community health clinics.”

In general, anyone who wants to reduce their chances of getting the seasonal flu can get vaccinated. There are two types of vaccines, the flu shot and the nasal-spray, FluMist. The flu shot is an inactivated vaccine (containing an inactive form of the virus) that is administered with a needle, usually in the arm. The flu shot is approved for use in people older than 6 months, healthy people, pregnant women, and people with chronic medical conditions. The nasal-spray flu vaccine contains live, weakened flu viruses that do not cause the flu. The nasal-spray is approved for use in healthy people ages 2-49 that are not pregnant.

Carlos Rivera, Director of the Department of Health and Human Services adds that, “In order to protect the health of our residents, we encourage flu vaccination for everyone, as early in the season as possible.”

For more information, please contact Carol Steinke, Public Health Nursing Supervisor, Hartford Department of Health and Human Services at 860-543-8859 or email steic001@hartford.gov

Online, visit: www.flu.gov/seasonalflu or www.cdc.gov/flu

