



Robert P. Astorino, Westchester County Executive

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## NEWS RELEASE

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**ASTORINO ANNOUNCES FREE FLU VACCINE AVAILABLE AT COUNTY CLINICS**  
Health Commissioner Urges All Residents to Get Flu Shots  
National Influenza Vaccination Week is Observed Dec. 3-9

With flu activity increasing nationally and as National Influenza Vaccination Week is observed, County Executive Robert P. Astorino urged all residents to get a flu shot.

“Getting vaccinated is a great way to keep you and your family healthy throughout this holiday season and beyond,” said County Executive Robert P. Astorino.

Free flu shots are available on Fridays by appointment at the Westchester County Health Department clinics in Yonkers and White Plains while supplies last. To schedule an appointment for a free flu shot, call 914-995-5800.

Flu shots are also available for a fee from many area pharmacists and medical offices.

“There are at least three good reasons for everyone six months and older to get an annual flu shot,” said Health Commissioner Sherlita Amler, MD. “First, as flu strains change each year, the vaccine is adapted to take them on. Second, people of every age, including those who are healthy, can become quite ill with the flu. And third, healthier people who get a flu shot each year help protect infants too young to receive the vaccine, seniors, and people with chronic health conditions, for whom the flu can be very serious.”

Flu activity is usually highest between December and February, but can last until May. One flu vaccine now provides protection all season long and can prevent illness or reduce the severity of flu symptoms. The vaccine becomes fully effective after about two weeks.

Amler offered the following advice if you do get a respiratory infection: cough or sneeze into your elbow, wash your hands frequently with soap and water, stay home until 24 hours after your fever subsides to avoid spreading your germs, clean surfaces you touch frequently, such as doorknobs, water faucets, refrigerator handles and telephones, get plenty of rest, exercise and eat healthy food.

For more health information, go to [www.westchestergov.com/health](http://www.westchestergov.com/health); Like us on [Facebook.com/wchealthdept](https://www.facebook.com/wchealthdept) and Follow us on [Twitter @wchealthdept](https://twitter.com/wchealthdept).