



Robert P. Astorino, Westchester County Executive

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## NEWS RELEASE

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### **ASTORINO ANNOUNCES FREE FALL FLU SHOTS FOR WESTCHESTER RESIDENTS** Health Commissioner Urges All Residents to Get Vaccinated

County Executive Robert P. Astorino announced that the Westchester County Health Department will give free flu shots to college students and residents at two locations next month in Valhalla and White Plains.

“Sign up for a flu shot today,” said County Executive Robert P. Astorino. “The earlier you get your flu shot, the longer you will be protected and flu season can run until May.”

To guarantee flu shot availability for either clinic, register in advance:

<http://www.health.ny.gov/Go2Clinic>.

Any Westchester college student can get a flu shot on Tuesday, Oct. 3, from 10 a.m. to 2 p.m. at Westchester Community College’s Student Center (STS) in the Student Events Room, 75 Grasslands Road, Valhalla. Advance registration is encouraged, but walk-ins are welcome while supplies last. Parking is free, and the campus is accessible via Bee-Line bus. Students under age 18 must bring a parent or guardian.

Residents ages 3 and up can get flu shots by appointment on Wednesday, Oct. 25, from 2 p.m. to 7 p.m. at the Westchester County Center, 198 Central Ave., White Plains.

“Just about everyone can benefit from this vaccine, which is safe and effective,” said Health Commissioner Sherlita Amler, MD. “It’s important to get a flu shot every year to help you and your family keep healthy, because even healthy children and adults can get very sick from the flu and spread it to others.”

An annual flu shot is recommended for everyone six months of age and older. It takes about two weeks after vaccination for protection to set in.

The county also will give free flu shots to residents at soup kitchens and food pantries in Port Chester and New Rochelle.

To avoid spreading the flu, cough or sneeze into your elbow and wash your hands frequently with soap and water. If you do get a respiratory infection, stay home until 24 hours after your fever subsides to avoid spreading your germs. Clean the surfaces you touch often, 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).