

GEORGE LATIMER, Westchester County Executive

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LATIMER ANNOUNCES FREE WESTCHESTER FLU VACCINE CLINIC *Health Commissioner Urges All Residents to Schedule A Flu Shot*

(White Plains, NY) – County Executive George Latimer announced that the County Health Department will offer free flu vaccines to residents age 3 and up at the County Clinic in White Plains on Tuesday, Nov. 19.

Latimer said: “Don’t put it off any longer – sign up for a flu shot today. This is the best protection we have from the misery of influenza. It can keep you and the people around you healthier throughout flu season, and it just might save your life.”

While the Tuesday clinic is open to all, it is intended for people without insurance or whose insurance doesn’t cover vaccines. Register online at www.health.ny.gov/gotoclinic/60. Appointments are available from 11:30 a.m. to 6 p.m. at the County Clinic, 134 Court St., White Plains.

Flu shots are also available for a fee from many area pharmacists and medical offices. The County Health Department plans to provide more than 2,000 flu vaccines this fall. It has focused its public vaccination efforts on people who lack the means to get vaccinated elsewhere by bringing flu shots to homeless shelters, soup kitchens and food pantries throughout Westchester. The County also held a free flu clinic for college students last month.

Influenza has already claimed the life of a child in New York City this season.

Health Commissioner Sherlita Amler, MD, said: “Everyone six months and older should get an annual flu shot. Flu can be deadly and it can make otherwise healthy adults and children very ill. When healthier people get an annual flu shot, they help protect the people around them, including infants too young to be vaccinated, seniors and people with chronic health conditions, who are more vulnerable to flu complications.”

Flu activity is usually highest between December and February, but can last into 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.

Dr. Amler said that anyone who does get a respiratory infection should cough or sneeze into their elbow, wash their hands frequently with soap and water, stay home until 24 hours after their fever subsides to avoid spreading germs, clean surfaces they touch frequently, such as doorknobs, water faucets, refrigerator handles and telephones, and get plenty of rest.

About Westchester County

Westchester County, located in the heart of the historic Hudson Valley, covers 500 square miles and has a population of just under a million. Originally home to Native Americans, who were members of the Lenape tribe, it is today a rich mix of many cultures and landscapes. The County is a blend of bustling cities, quaint villages and picturesque towns as well as open spaces and a network of beautiful parks. Westchester is made up of 6 cities, 19 towns and 20 villages. Westchester County is known for top-notch public schools, and a high quality of life. The County is also an intellectual capital, boasting a highly educated workforce, competitive colleges and universities, Fortune 500 companies, world changing non-profits, and cutting-edge research centers. Westchester is led by County Executive George Latimer, who took office in January 2018 as the ninth County Executive. Using inclusion and openness as a foreground, Latimer is fighting to make Westchester a destination for all people to live, work and enjoy. Learn more about Westchester County by visiting www.westchestergov.com

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