

## **It's not too late to vaccinate!**

As of mid-March, influenza (flu) activity in New Hampshire and New England continues to be "widespread". This means there is influenza activity or influenza outbreaks in at least half of state regions and recent laboratory-confirmed influenza in the state.

Every year in the US, millions of children get sick with the flu and thousands are hospitalized. In NH, there have been a total of 23 influenza-related deaths identified so far this influenza season (including one pediatric influenza-related death).

The best way to protect against the flu is by getting the flu vaccine. Doctors recommend that everyone 6 months and older get the vaccine every year. And it is not too late!

The flu vaccine:

- Protects your child from a potentially serious disease,
- Prevents your child from spreading flu to others, including babies too young to get the vaccine, and
- Keeps your child from missing school or childcare (and keeps you from missing work and other activities).

Call your health care provider or visit your local pharmacy to protect yourself, your family and those you care for, and your community.

The Immunization Action Coalition has a handout for families about flu vaccination, found here:

<http://www.immunize.org/catg.d/p4069.pdf>

For more information about immunizations, contact the NH Immunization Program at 603-271-4482 or visit our website <https://www.dhhs.nh.gov/dphs/immunization/>