

It's Not Too Late to Get a Flu Shot



Even though the CDC recommends getting vaccinated by the end of October, it is not too late to visit area drugstores and supermarkets, many of which still have supplies.

According to the CDC website, "For the 2019-2020 flu season, CDC and its Advisory Committee on Immunization Practices (ACIP) recommend annual influenza vaccination for everyone 6 months and older with any licensed, age-appropriate flu vaccine (inactivated, recombinant or nasal spray flu vaccines) with no preference expressed for any one vaccine over another."

People at high risk of serious complications include young children, pregnant women, people with chronic health conditions like asthma, diabetes or heart and lung disease and people 65 and over."

Currently, Walgreens, Rite Aid and Stop & Shop have supplies and no appointments are necessary. For more information about flu prevention, visit <https://www.cdc.gov/flu/prevent/prevention.htm>