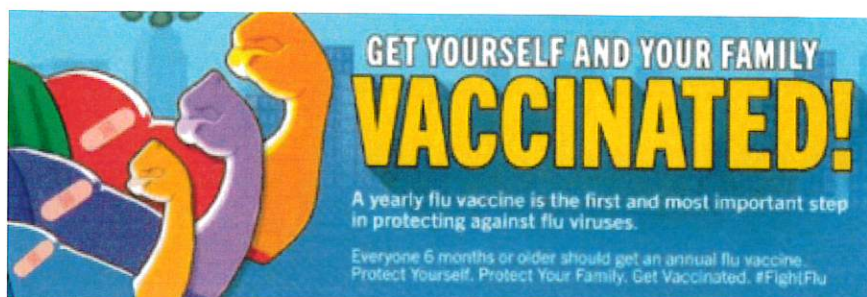




*Meeting Life's Challenges*

300 Washington Avenue Extension  
Albany, NY 12203-7303  
518/218-0000



September 22, 2020

Greetings, I hope this message finds you healthy.

As we continue to cautiously increase daily attendance in our programs and integrate into the community more fully, I want to assure you that we are taking every precaution to keep you and your families healthy.

With the cold & flu season fast approaching, we are encouraging you, your families, and our staff members to get their influenza vaccine. According to the Center for Disease Control and Prevention (CDC), getting the flu vaccine is more important than ever during the 2020-2021 flu season. The flu vaccine helps to protect you and the people around you from the flu, and helps reduce the strain on our healthcare systems who are also responding to the COVID-19 pandemic.

The CDC recommends that everyone six months and older get the flu vaccine. They also suggest that you should get the flu vaccine before flu viruses begin spreading in your community. Since it takes about two weeks after vaccination for antibodies to develop in the body and provide protection against the flu, you should make plans to get vaccinated early in fall. Don't know where to go? You can locate your nearest location by going to <https://vaccinefinder.org/find-vaccine> and entering your zip code.

While the influenza vaccination does not provide protection against COVID-19, it may keep you and your family out of health care facilities where they could be at risk of infection and reduce unnecessary healthcare visits and hospitalizations.

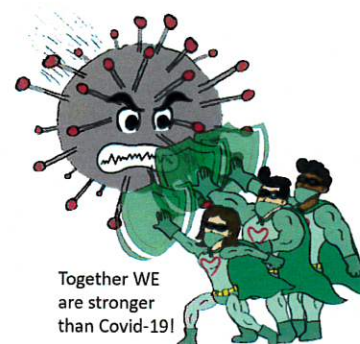
We sincerely appreciate your support in helping us to protect each other by remaining vigilant at home, wearing your mask in public, getting your flu shot, and notifying us immediately if anyone in your home is experiencing COVID-19 symptoms.

As always, protecting you, those we support, our staff, and all our families will always be our highest priority.

If you have any questions or concerns, I'm available at [emartin@livingresources.org](mailto:emartin@livingresources.org) or 518-218-0000 x5530.

Best regards for your health and safety,

Elizabeth Martin  
Chief Executive Officer



# A Strong Defense Against Flu: Get Vaccinated!

**FIGHT** FLU



The best way to protect yourself and your loved ones against influenza (flu) is to get a flu vaccine every flu season. Flu is a contagious respiratory disease that can lead to serious illness, hospitalization, or even death. CDC recommends everyone six months and older get an annual flu vaccine.

## What are some key reasons to get a flu vaccine?

- Flu vaccine has been shown to reduce flu illnesses, hospitalization, and even death in children.
- During the 2016–2017 season, vaccination prevented an estimated 5.3 million illnesses, 2.6 million medical visits, and 85,000 influenza-associated hospitalizations.
- Flu vaccination also is an important preventive tool for people with chronic health conditions.
- Vaccinating pregnant women helps protect them from flu illness and hospitalization, and also has been shown to help protect the baby from flu infection for several months after birth, before the baby can be vaccinated.
- A [2017](#) study showed that flu vaccine can be life-saving in children.
- While some people who get vaccinated still get sick, flu vaccination has been shown in several studies to reduce severity of illness.

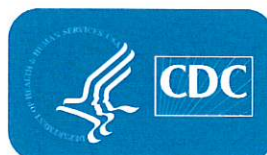


## Why is it important to get a flu vaccine EVERY year?

- Flu viruses are constantly changing, so flu vaccines may be updated from one season to the next to protect against the viruses that research suggests will be common during the upcoming flu season.
- Your protection from a flu vaccine declines over time. Yearly vaccination is needed for the best protection.



For more information, visit: [www.cdc.gov/flu](http://www.cdc.gov/flu)  
or call **1-800-CDC-INFO**



**U.S. Department of  
Health and Human Services**  
Centers for Disease  
Control and Prevention



## What kinds of flu vaccines are recommended?

There are several licensed and recommended flu vaccine options this season:

- Standard dose flu shots made from virus grown in eggs.
- Shots made with adjuvant and high dose for older adults.
- Shots made with virus grown in cell culture instead of eggs.
- Shots made using a recombinant vaccine production technology that does not require the use of a flu virus.
- Live attenuated influenza vaccine (LAIV, the nasal spray vaccine), which is made with live, weakened influenza viruses. It is an option for people 2 through 49 years of age who are not pregnant.

## Is the flu vaccine safe?

Flu vaccines have a good safety record. Hundreds of millions of Americans have safely received flu vaccines over the past 50 years. Extensive research supports the safety of seasonal flu vaccines. Each year, CDC works with the U.S. Food and Drug Administration (FDA) and other partners to ensure the highest safety standards for flu vaccines. More information about the safety of flu vaccines is available at [www.cdc.gov/flu/protect/vaccine/vaccinesafety.htm](http://www.cdc.gov/flu/protect/vaccine/vaccinesafety.htm).

## What are the side effects of flu vaccines?

**Flu shots:** Flu shots are made using killed flu viruses (for inactivated vaccines), or without flu virus at all (for the recombinant vaccine). So, you cannot get flu from a flu shot. Some minor side effects that may occur include soreness, redness and/or swelling where the shot was given, low grade fever, and aches.

**Nasal spray flu vaccines:** The viruses in nasal spray flu vaccines are weakened and do not cause the severe symptoms often associated with influenza illness. For adults, side effects from the nasal spray may include runny nose, headache, sore throat, and cough. For children, side effects may also include wheezing, vomiting, muscle aches, and fever.

If these problems occur, they are usually mild and go away on their own, but serious reactions are also possible. Almost all people who receive flu vaccine have no serious problems from it.

## When and Where to get vaccinated?

You should get a flu vaccine by the end of October. However, as long as flu viruses are circulating, vaccination should continue throughout flu season, even in January or later.

Flu vaccines are offered in many doctors' offices and clinics. Flu vaccine is available in many other locations, including health departments, pharmacies, urgent care clinics, health centers, and travel clinics. Vaccines may also be offered at your school, college health center, or workplace. Use the vaccine finder at [to find a flu vaccination clinic near you.](#)

