



Dec. 2, 2022
For immediate release

It's not too late for your flu vaccination!

Dec. 5-9 is National Influenza Vaccination Week. This is an opportunity to remind everyone that there is still time for those 6 months and older to receive their flu vaccination in order to protect themselves and their loved ones from flu this season!

Influenza (flu) is a contagious respiratory illness that can be serious, or even life-threatening. Flu vaccination is recommended for everyone 6 months of age and older, every year. Vaccination is particularly important for those who are at higher risk of developing serious flu complications, including young children, those with chronic health conditions and those 65 years and older.



While it's ideal to receive a flu vaccine in October each year, getting vaccinated now still provides protection against circulating flu viruses. It takes about two weeks for the body to respond to the vaccine, so getting the vaccination now means a person should reach full immunity before the typical peak of the flu season, between December and February.

Rice County Public Health has flu vaccine available at our weekly immunization clinics, held every Tuesday between 1 and 4 p.m. at the Rice County Government Service Building, 320 Third St. NW, Faribault. Both quadrivalent and high-dose flu vaccines are available. Please bring your health insurance card.

Public Health also has vaccine for those who are uninsured.

For more information, call and talk to one of our public health nurses: Marie at 507-332-5928 or Angie at 507-384-6450.

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