



FREE FLU VACCINES

For Dairy and Poultry Farmworkers

Get Vaccinated to Protect Yourself, Your Family & Your Community

What is seasonal flu?

The flu is a serious disease that kills thousands of people each year. At times, it can lead to death. It is very contagious. The flu is caused by a virus which spreads mainly by coughing, sneezing, or close contact. The flu season lasts from fall through winter and into early spring.

What is avian flu?

Avian influenza A(H5N1) is a type of flu virus, also known as “bird flu.” The virus mainly affects birds, but farmworkers might be at risk if it’s found in chickens, cows or other animals. It can spread from infected animals to people who work with them.

What are the symptoms?

Some of the symptoms of the flu are: fever, chills, cough, sore throat, runny or stuffy nose, muscle or body aches, headache, and tiredness. Serious complications can occur.

Why get vaccinated?

The flu vaccine is our best defense against the seasonal flu. You cannot get the flu from the flu vaccine! Flu vaccine is needed every year because the flu virus changes and protection can decline over time. The flu vaccine doesn’t prevent avian flu but getting your flu vaccine can help you avoid getting sick or lessen the symptoms if you do get sick with seasonal flu and bird flu at the same time.

Who can get vaccinated?

Everyone 6 months and older should get the flu vaccine every year.

When can I get the flu vaccine?

The Centers for Disease Control and Prevention recommends getting the flu vaccine by the end of October, but you can get the vaccine anytime during flu season. This fall there will be free flu vaccines for dairy and poultry farmworkers. You can get the vaccine whether or not you have health insurance.

Where can I get the flu vaccine?

The free vaccine may be available through your local health department
health.ny.gov/contact/contact_information/

For more information about seasonal flu vaccine:

There is information available here: health.ny.gov/diseases/communicable/influenza/fact_sheet.htm. Questions regarding seasonal flu vaccine can be sent to the New York State Department of Health, Division of Vaccine Excellence at: immunize@health.ny.gov or call: 518-473-4437.