



NEW YORK STATE SENATOR

Jose M. Serrano

## Protect Yourself From This Year's Dangerous Flu Epidemic

JOSE M. SERRANO February 14, 2018

| ISSUE: **FLU SEASON**

**STOP THE  
FLU**  
**IT'S UP TO YOU!**

- **Get a flu shot**
- **Wash your hands**
- **Stay home if you're sick**
- **Ask your health care provider about a prescription antiviral**

This year's flu virus has reached epidemic levels in New York. According to New York State Governor Andrew Cuomo, as of last week there have been 11,683 confirmed cases with 2,221 hospitalizations. These numbers are the highest numbers we have seen in New York since we recorded flu statistics in 2004. Governor Cuomo has also signed an executive order allowing pharmacists to give children ages 2-18 a flu vaccination. You can read more about what the Governor is doing to help prevent the flu in New York [HERE](#).

According to the New York State Department of Health website, "All people 6 months and older are recommended to receive an influenza vaccination each year. Certain people are at "high risk" of serious complications from seasonal influenza. These include people 65 years and older, children younger than five years old, pregnant women, and people of any age with certain chronic medical conditions." Below is some additional information from the New York State Department of Health on how you can protect you and your loved ones from this years dangerous flu epidemic.