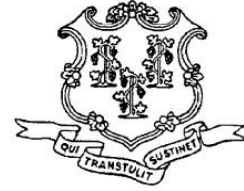


News



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DPH ANNOUNCES FREE FLU VACCINES AVAILABLE AT CLINICS THROUGHOUT THE STATE

HARTFORD - In an effort to protect the public's health and reduce the spread of the influenza (flu) virus, the Connecticut Department of Public Health (DPH) is teaming up once again with local health departments to provide free/low cost flu vaccine at several locations across the state on Saturday, December 1st and Saturday, December 8th. DPH strongly encourages all Connecticut residents over the age of 6 months to get a flu shot.

“While we do not yet know how severe this flu season will be, last year's was the worst flu season in many, many years. Last season, we had over 14,000 people test positive for flu, more than 3,800 individuals hospitalized due to flu, and more than 180 deaths associated with the flu,” said DPH Commissioner Dr. Raul Pino. “The best protection against the flu is to get vaccinated. I strongly encourage all residents to get a flu shot, if they haven't already – now is the perfect time.”

The full [schedule and locations of Flu Clinics](#) on both Saturday, December 1st and 8th can be found on the DPH website (<https://portal.ct.gov/FluVaxDay2018>) and on social media.

Adult vaccine will be provided at no cost to those without insurance. Residents with insurance should bring their card and will be charged a small administrative fee, but will not be charged out of pocket for the vaccine.

State health officials say flu activity in Connecticut continues to increase. As of November 24, 2018, 151 people have tested positive for the flu so far this season, and 55 have been hospitalized with the illness. There has also been one flu-related death so far this season. For the most recent information about influenza activity in Connecticut, please see the DPH [weekly influenza update](#).

Influenza is a contagious respiratory illness that is spread through the air and by direct contact with respiratory droplets. Typical symptoms of the flu include sudden fever, aching muscles, sore throat, coughing, runny nose, headache, and eye pain. While anyone, particularly individuals who are not vaccinated, can contract the flu, the illness is especially dangerous for certain groups, including: people aged 65 and older; children younger than 2 years old; people of any age with chronic medical conditions, like asthma, diabetes, congestive heart failure, or lung disease; and pregnant women.

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