A new CDC-supported study conducted over multiple flu seasons shows that getting a flu shot lessened the risk of severe influenza among adults, including reducing the risk of hospitalization and admission to the intensive care unit (ICU), and also lessened the severity of illness. CDC recommends an annual flu vaccine for everyone 6 months and older. Annual flu vaccination varies in how well it works, but it is the best available way to prevent flu and its potentially serious consequences.

- Flu vaccination among adults reduced the risk of being admitted to the hospital with flu and placed in a general ward bed by 32%.
- Flu vaccination was even more effective in preventing the most severe forms of flu and reduced the risk of being admitted to an ICU with flu by 82%.

And because some people who are vaccinated still get sick, the study also looked at the question of whether a flu vaccine reduces illness severity in those people and found that, yes, flu vaccination did reduce severity and duration of flu illness. Visit the CDC influenza site to learn more about the study.

The CDC recommends flu vaccination for anyone ≥ 6months of age. Those who should not be vaccinated against the flu are: Anyone with a previous allergic reaction to a flu vaccine, anyone with an allergy to any of the flu vaccine components and anyone <6 months of age.

The West Hartford Bloomfield Health District has scheduled flu vaccination clinics for the month of October. No appointments are necessary. If you are unable to get to any of the clinics listed below, you can call the health district at 860-561-7900 ext 0 for an appointment at the health district office. The Health District accepts the following forms of insurance: Husky, Medicare part B, Anthem, ConnectiCare, CIGNA and Aetna. For those without insurance, the cost is $30. The Health District can vaccinate people ≥4 yrs of age.

Dates/times/sites:

Thursday October 4, 2018 (Senior Housing Fair) Elmwood Community Center 9:30-11:30am

Monday October 15, 2018 Elmwood Community Center 10a-12 noon

Wednesday October 17, 2018 West Hartford Town Hall 12pm-2pm

Friday October 19, 2018 West Hartford Senior Center 10am-12 noon

Tuesday October 23, 2018 Bloomfield Senior Center 10am-12 noon

Elmwood Community Center is located at 1106 New Britain Avenue West Hartford 06110

West Hartford Town Hall is located at 50 South Main Street West Hartford 06107

West Hartford Senior Center is located at 15 Starkel Rd West Hartford 06117

Bloomfield Senior Center is located at 330 Park Avenue Bloomfield 06002