



News from the Office of  
ERIE COUNTY EXECUTIVE MARK POLONCARZ

## NEWS RELEASE

### Health Commissioner Dr. Gale Burstein

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### Erie County Experiencing an Active Influenza Season

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*Get Immunized and Stay healthy!*

ERIE COUNTY, NY— The Erie County Department of Health (“ECDOH”) reminds everyone that this year we have a very active Influenza (Flu) season, and it is not too late to get your Flu vaccine. “Influenza is a serious disease that can lead to hospitalization and sometimes even death” said **Erie County Health Commissioner Dr. Gale Burstein**. “Every Flu season is different and the Flu vaccine is re-formulated each year to address the specific strains of flu that are anticipated to circulate in the community. This year, we are seeing much more flu compared to last year with two new Flu strains. Fortunately, both of these new flu strains are part of this year’s vaccine. **The key to preventing Influenza is vaccination. The vaccine is widely available today in physicians’ offices, pharmacies and various community sites.**”

Because we are seeing two new Influenza strains, we do not have antibodies to protect us from the new virus. This makes it even more important that you receive a flu vaccine. Even healthy people can get very sick from the Flu and spread it to others. “Flu season” in the United States can last through May. So, it is not too late to get immunized for this year. Getting vaccinated each year provides the best protection against Influenza throughout Flu season.

#### **For more information contact:**

Erie County Department of Health

<http://www.erie.gov/health>

Centers for Disease Control and Prevention

[http://www.cdc.gov/flu/other\\_flu.htm](http://www.cdc.gov/flu/other_flu.htm)