Don't Hesitate, Vaccinate

It's that time of year again with cold and flu season on the horizon. To keep you and your loved ones healthy and safe, make sure you are up-to-date on all of your vaccinations. Vaccines are awesome tools that work with your body's immune system to fight off viruses. Viruses can make you sick and spread to other people. Getting your flu shot and COVID-19 vaccine will keep you and your community healthy.

A vaccine is essentially a cheat sheet for your body to learn how to effectively fight off a virus. Your body receives information about the virus from the vaccine so it knows what to look for if your body comes in contact with the virus. Though vaccines are not a cure for a virus, they will significantly reduce the severity of your symptoms. Unfortunately, influenza is a tricky virus that changes every year. This is why it is important to get your flu shot annually to keep yourself protected. It is also recommended that everyone receives an updated COVID-19 vaccination this fall to fight against new variants.

People who have a weakened immune system are at a higher risk of having complications associated with Influenza and COVID-19. Those that fall into the high risk category are people with underlying conditions, people over the age of 65, and children. For individuals with a weakened immune system, the virus can cause severe symptoms that can lead to deadly respiratory infections such as pneumonia.

If you don't fall into the high risk category, you may be wondering why it is so important for you to receive a vaccine as well. That is where the term 'Herd Immunity' comes in. Herd immunity is when a large portion of the population is vaccinated against a certain virus therefore making it harder for the virus to bounce from person to person. Especially those people with weakened immune systems. Without vaccinations, the virus can spread fast and make a lot of people sick.

COVID-19 and Seasonal Influenza vaccinations are free with most insurance plans. For those who aren't insured, the Uninsured and Underinsured Adult Vaccine Program (UUAV) and the Minnesota Vaccines for Children Program (MnVFC) can provide support in getting a vaccine. Keeping our community safe and healthy takes all of us. Let's kick this cold and flu season and get vaccinated today! For more information on Influenza and COVID-19 Vaccinations, please visit www.cdc.gov.

This information is brought to you by Kittson Healthcare & Kittson Healthcare Public Health Department. For more information or to schedule an appointment please contact
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