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Press Release

COMMISSIONER'S OFFICE

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National Influenza Vaccination Week

A great time to get your flu shot

ANCHORAGE — The week of December 8-14 is being recognized as National Influenza Vaccination Week. The state is taking this opportunity to remind residents that if they don't yet have their flu vaccine, this would be an excellent time to get one.

"We're still a couple weeks away from the holidays, and getting vaccinated now would give you the chance to develop immunity before Christmas," Dr. Joe McLaughlin, Alaska's chief epidemiologist said. "With holiday travel and increased gatherings with friends and relatives you want to be sure to have had your flu shot."

The state virology laboratory has seen confirmed flu specimens every week in Alaska since mid-October, most of which is the 2009 H1N1, or swine flu, variety.

"This year's vaccines protect against as many as four strains of the flu, including the 2009 H1N1," McLaughlin said. "Flu vaccine is recommended for most everyone age 6 months and older."

Both the state and the Municipality of Anchorage are waiving the administration fee for flu vaccine through the end of December, making it more affordable for those who qualify. For more information contact the [public health center](#) near you.

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