



DEPARTMENT OF HEALTH

News Release

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For Immediate Release: November 28, 2006

06-80

It's Not Too Late to Get a Flu Vaccine
Protect yourself, protect the ones you love - get vaccinated!

HONOLULU – The Centers for Disease Control and Prevention (CDC) has designated November 27th – December 3rd as **National Influenza Vaccination Week** to raise awareness of the importance of continuing to vaccinate against flu beyond November.

October and November are the best months to get vaccinated. However, vaccination in December or even later can still offer protection against the flu.

“Anyone who wants to protect themselves and others against flu should get vaccinated. It is not too late to get your flu vaccine, especially here in Hawaii where we have flu year round,” said Dr. Chiyome Fukino, Director of the Department of Health.

CDC announced that more than 100 million doses of influenza (flu) vaccine will be available nationwide this flu season.

Getting vaccinated is the most effective preventive measure against flu. It protects the person vaccinated and can help protect others with whom that person comes in contact. Although most healthy adults, especially young adults, may not suffer from complications of flu like the elderly, the immune compromised, or the very young, when healthy adults become ill, they become a source of infection for vulnerable groups. Protect yourself as well as your family, friends, and community, and get vaccinated against the flu this season.

For more information about where to get a flu shot, call 2-1-1, or 1-877-275-6569, a free call from any island, 24 hours a day, 7 days a week. For more information about flu and the resource list “Where to get your influenza and pneumococcal vaccinations” visit the Hawaii State Department of Health website at www.vaxhawaii.com.

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