

Importance of flu vaccinations stressed

Written by Holyoke Enterprise

As the holidays approach, state health officials urge Coloradans to protect themselves and their families by getting a flu vaccination.

“Anyone who hasn’t yet gotten a flu vaccination should do so now to allow their body time to build immunity before holiday celebrations begin,” said Dr. Rachel Herlihy, medical advisor for the immunization section at the Colorado Department of Public Health and Environment. “The influenza virus can spread easily from person to person during holiday get-togethers.”

Last year, more than 1,500 people in Colorado were hospitalized with influenza. The single best way to protect against the flu is by getting vaccinated. It takes about two weeks after getting the vaccination for the body to build the antibodies needed to protect against the flu.

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