Written by Staff Reports Friday, 10 November 2017 08:49



Gov. Susana Martinez and the New Mexico Department of Health encouraged New Mexicans to get themselves and their families vaccinated for the flu during the 2017-2018 flu season.

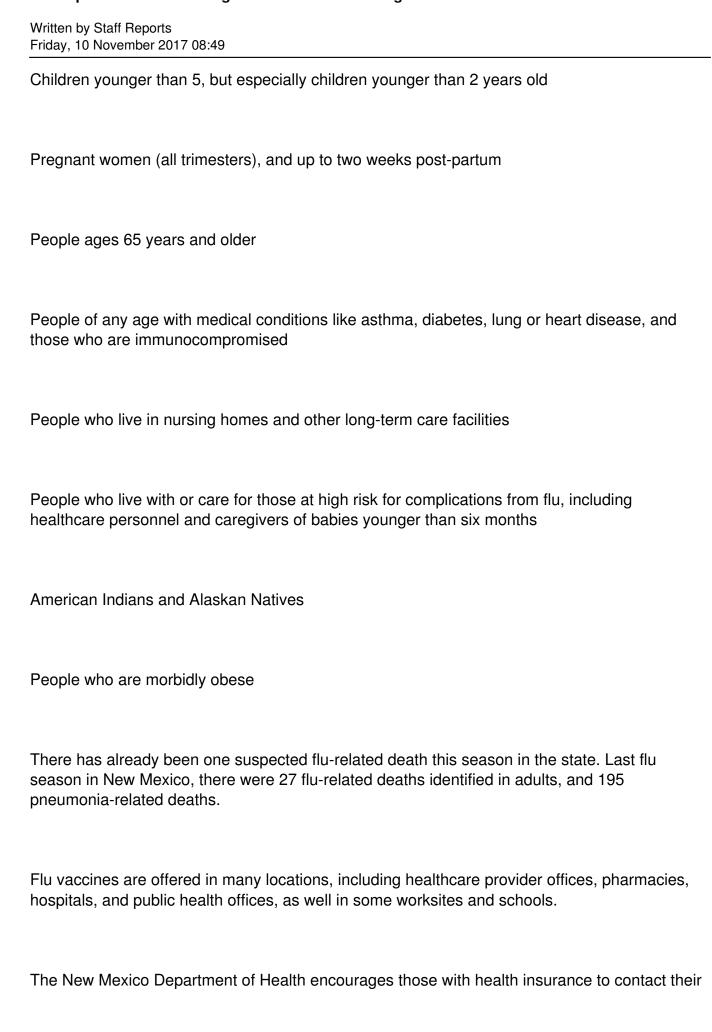
"Flu can affect us all, and we all need to do our part to stay healthy," Martinez said. "That's why I encourage all New Mexicans to get their flu shot – It's simple, fast and will help keep you healthy."

The Department of Health recommends that everyone six months of age and older get flu vaccine each flu season, especially people in the following groups because they are at high risk of having serious flu-related complications or because they live with or care for people at high risk for developing flu-related complications:

"Getting flu vaccine every year is the best way to protect yourself and loved ones against getting the flu," said Department of Health Secretary Designate Lynn Gallagher. "When more people get vaccinated, we reduce the chances that flu spreads in our communities."

Who should get the flu shot:

NM Dept. of Health encourages all New Mexicans to get vaccinated



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healthcare provider or pharmacist about getting a flu vaccine. Our public health offices in Bernalillo County offer flu vaccine for insured and uninsured this flu season while supplies last. Those with Medicaid or other insurance who go to Public Health Offices are asked to bring their insurance card.

You can find more information about flu and flu vaccines at the Influenza Vaccinations s ection of our website. I Or visit the CDC Influenza Season 2017-2018

page to learn more.

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