



News Release

GEORGE LATIMER, Westchester County Executive

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FOR IMMEDIATE RELEASE
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WESTCHESTER COUNTY EXECUTIVE GEORGE LATIMER FIGHTS INFLUENZA WITH THE ANNUAL FLU SHOT

*Latimer and County Health Commissioner Encourage all Residents
to Book Their Annual Flu Shot Today*

(White Plains, NY) – Westchester County Executive George Latimer will roll up his sleeve for his annual flu shot at the Westchester County Department of Health Clinic in White Plains. Westchester County Health Commissioner Dr. Sherlita Amler will administer Latimer’s vaccine at the clinic.

*****MEDIA ADVISORY*****

Tuesday, October 8
2 p.m.
Westchester County Health Clinic
134 Court Street
White Plains, NY 10601

*****PRESS CONFERENCE WILL BE STREAMED LIVE ON FACEBOOK*****

<https://www.facebook.com/westchestergov/>

Urging Westchester County residents to do the same, Latimer said: “Book a flu shot today, for your children and yourself. That yearly flu vaccine is the best way to avoid being sidelined by influenza, and one vaccine provides protection through the spring.”

Vaccines are available at Westchester County Health Department Clinics by appointment; call 914-995-5800 weekdays before 4:30 p.m. to discuss eligibility. Flu shots are also available for a fee from many area pharmacists and medical offices. To find a vaccine near you, go to <https://www.vaccines.gov>. Vaccines are also

available for uninsured and underinsured adults and children covered through the Vaccines for Adults and Vaccines for Children programs. To reach residents who have difficulty accessing flu shots, the Health Department is also holding clinics at some soup kitchens and homeless shelters.

Amler said: “I urge residents to get a flu shot for every member of their family six months and older, and the sooner the better. With new variants circulating, it is also a good idea to get the latest COVID-19 vaccine for your whole family. Vaccination protects you and it protects those around you who are more vulnerable to complications, such as infants too young to be vaccinated, seniors and people with chronic health conditions.”

In the U.S., there are usually more flu cases between December and February, but flu can linger into May. One flu vaccine now provides protection all season long and can prevent illness or reduce the severity of flu symptoms. The vaccine becomes fully effective after about two weeks.

Amler said that anyone who does get a respiratory infection should consider COVID/influenza testing. Residents can once again order [free at-home COVID-19 tests](#) from the federal government to have on hand ahead of the upcoming respiratory virus season. Every household is eligible to receive four tests, which will be shipped free by USPS. Testing can help you determine if you have COVID-19 so you can decide what to do next, like getting treatment to reduce your risk of severe illness and taking steps to lower your chances of spreading the virus to others.

Antiviral medication is available by prescription for those who test positive with COVID or the flu, but it is most effective if started early in the illness, so contact your physician immediately. To avoid spreading germs to others, the CDC recommends residents wear a mask, cough or sneeze into their elbow and wash their hands frequently with soap and water.

Those with flu should stay home for 24 hours after their fever subsides. Those who test positive for COVID should stay home to avoid spreading germs. They can resume activities when, for at least 24 hours, their symptoms are improving and they are fever-free without taking fever-reducing medication. Because they can still spread the virus, they should wear a mask in public for another five days, and clean surfaces they touch frequently such as doorknobs, water faucets, refrigerator handles and telephones, and get plenty of rest.

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