

## Winter Bug Prevention Tips: It is Not Too Late to get Your Flu Vaccination

**You and your family can still benefit from a flu vaccine.** Make a commitment to your health and to your family's health by getting your flu vaccine today. Flu vaccines are offered in many doctors' offices and clinics. Even if you don't have a regular health care provider, you can get a flu vaccine at your local health department.



To see where the flu virus is making people ill, access this [CDC US Weekly Map of Flu Activity: flu activity](#). Flu activity usually peaks in January or February, but the flu itself is unpredictable. And although there are many different flu viruses, the yearly flu vaccine protects against the three viruses that research suggests will be most common that flu season.

Call the East Shore District Health Department at 203-481-4233 to make an appointment today. With Medicare, Medicaid, Anthem BC/BS or ConnectiCare the vaccination is **FREE of CHARGE**. With other insurances or no insurance the cost is only \$25.00