

Board of Health  
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### Fall vaccination

The start of fall also marks the beginning of a new respiratory illness season. Getting annual flu and covid vaccines can reduce the risk of serious illness and death.

The CDC recommends everyone aged 6 months and older receive the 2024-2025 flu and covid vaccines. Both vaccines have been formulated to give you the best protection from circulating strains of the viruses. And, both vaccines are recommended, even if you have had flu or covid in the past.

With the number of human cases of avian influenza in other parts of the US (bird flu), it is important for people who regularly interact with dairy cows or live poultry to receive a flu vaccine. While the seasonal flu vaccine will not protect against getting bird flu, a seasonal flu vaccine can prevent co-infection with both viruses.

Vaccination clinics offering both flu and covid vaccine are scheduled across Franklin County. See the schedule and sign up online at <https://frcog.org/project/vaccine-information/> [Clinics accept walk-ins, unless otherwise mentioned online.] Please bring your ID and insurance card, if you have one. You can receive both shots during the same visit. If you require a home visit from one of our Regional Health nurses please call 413-774-3167 X156 and leave your contact information and which vaccines you are interested in. They will be here in Leyden for their monthly visit on October 9<sup>th</sup>.