Department of Public Health
Monroe County, New York

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County Executive

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Monroe County Department of Public Health, UR Medicine and Rochester Regional Health urge local residents to get their flu shots

On Thursday, **Dr. Michael Mendoza**, Commissioner of the Monroe County Department of Public Health, was joined by **Dr. Michael Apostolakos**, Chief Medical Officer at Strong Memorial and Highland Hospitals, and **Dr. Robert Mayo**, Chief Medical Officer at Rochester Regional Health, to urge county residents to get their influenza vaccinations within the next six weeks.

"This year, in the midst of an ongoing pandemic, it is even more important to get vaccinated against influenza," said **Dr. Mendoza**. "Just as our community has come together to protect each other from COVID-19, we need to join forces to protect one another from the flu. Wear your mask, remain physically distant, wash your hands *and* get your flu shot today."

"We need your help in preventing a significant outbreak of the flu, which could overwhelm our hospitals if we were to simultaneously experience a second surge of COVID-19. There is no vaccine against COVID-19, but we can get vaccinated against influenza," said **Dr. Apostolakos**.

"Last season, more than 750 Monroe County residents were hospitalized because of the flu, and our community recorded nearly 6,000 confirmed cases." said **Dr. Mayo**. "Getting your flu shot is one of the best things you can do right now preserve critical resources and help our health care workers and first responders."

Everyone six months or older should get an age-appropriate flu vaccine. This includes pregnant women and people with chronic health conditions. There are very rare exceptions, so talk with your doctor or pharmacist before getting the shot.

Flu shots are readily available at primary care offices, area pharmacies and several public clinics scheduled throughout the fall. For a listing of clinics, go to www.monroecounty.gov/flu.

Individuals can also make an appointment with Monroe County's Immunization Clinic by calling (585) 753-5150. No walk-ins accepted at this time.

Most health insurance providers cover the cost of the vaccination, and many locations offer discounted or free shots.

For media inquiries, please contact Julie Philipp at juliephilipp@monroecounty.gov