

# Texas House of Representatives



## EDDIE LUCIO III

DISTRICT 38  
CAMERON COUNTY

FOR IMMEDIATE RELEASE  
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### **Rep. Lucio Recognizes National Influenza Vaccination Week *December 4th - 10th, 2011***

**AUSTIN** - In recognition of National Influenza Vaccination Week, Rep. Eddie Lucio III urges the public to consider getting a flu shot this year.

An annual flu vaccination is the best way to prevent the flu and flu related complications that could lead to hospitalization and even death. According to information from the Centers for Disease Control, the flu is a serious illness that kills tens of thousands of Americans each year.

The Texas Department of State Health Services urges everyone over 6 months old to get a flu shot every year. According to health experts, flu viruses are always changing and immunity wears off over time, which is why an annual vaccination is needed for the best protection.

Pregnant women, young children, the elderly and people with serious health conditions are most at risk and are especially encouraged to get the vaccine.

**"Taking the time to get a flu shot is a simple way we can look out for, not only our own health, but also the health of those around us,"** said Rep. Lucio. **"Along with an overall healthy lifestyle, getting the vaccine and maintaining good personal hygiene habits are the best ways to avoid this illness."**

While the flu season officially runs from October through May, Texas sees the highest number of flu cases in December, January and February of each year.

The flu vaccine is available at most doctor's offices, clinics and pharmacies. Please dial 2-1-1 for assistance in finding vaccination locations.

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**Committees:** Government Efficiency & Reform, Vice Chairman • Calendars • Natural Resources

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