

NM Dept. of Health encourages all New Mexicans to get vaccinated

Written by Staff Reports

Friday, 10 November 2017 08:49



Gov. Susana Martinez and the New Mexico Department of Health encouraged New Mexicans to get themselves and their families vaccinated for the flu during the 2017-2018 flu season.

“Flu can affect us all, and we all need to do our part to stay healthy,” Martinez said. “That’s why I encourage all New Mexicans to get their flu shot – It’s simple, fast and will help keep you healthy.”

The Department of Health recommends that everyone six months of age and older get flu vaccine each flu season, especially people in the following groups because they are at high risk of having serious flu-related complications or because they live with or care for people at high risk for developing flu-related complications:

“Getting flu vaccine every year is the best way to protect yourself and loved ones against getting the flu,” said Department of Health Secretary Designate Lynn Gallagher. “When more people get vaccinated, we reduce the chances that flu spreads in our communities.”

Who should get the flu shot:

NM Dept. of Health encourages all New Mexicans to get vaccinated

Written by Staff Reports

Friday, 10 November 2017 08:49

Children younger than 5, but especially children younger than 2 years old

Pregnant women (all trimesters), and up to two weeks post-partum

People ages 65 years and older

People of any age with medical conditions like asthma, diabetes, lung or heart disease, and those who are immunocompromised

People who live in nursing homes and other long-term care facilities

People who live with or care for those at high risk for complications from flu, including healthcare personnel and caregivers of babies younger than six months

American Indians and Alaskan Natives

People who are morbidly obese

There has already been one suspected flu-related death this season in the state. Last flu season in New Mexico, there were 27 flu-related deaths identified in adults, and 195 pneumonia-related deaths.

Flu vaccines are offered in many locations, including healthcare provider offices, pharmacies, hospitals, and public health offices, as well in some worksites and schools.

The New Mexico Department of Health encourages those with health insurance to contact their

NM Dept. of Health encourages all New Mexicans to get vaccinated

Written by Staff Reports

Friday, 10 November 2017 08:49

healthcare provider or pharmacist about getting a flu vaccine. Our public health offices in Bernalillo County offer flu vaccine for insured and uninsured this flu season while supplies last. Those with Medicaid or other insurance who go to Public Health Offices are asked to bring their insurance card.

You can find more information about flu and flu vaccines at the [Influenza Vaccinations](#) section of our website. Or visit the [CDC Influenza Season 2017-2018](#) page to learn more.

Staff Reports