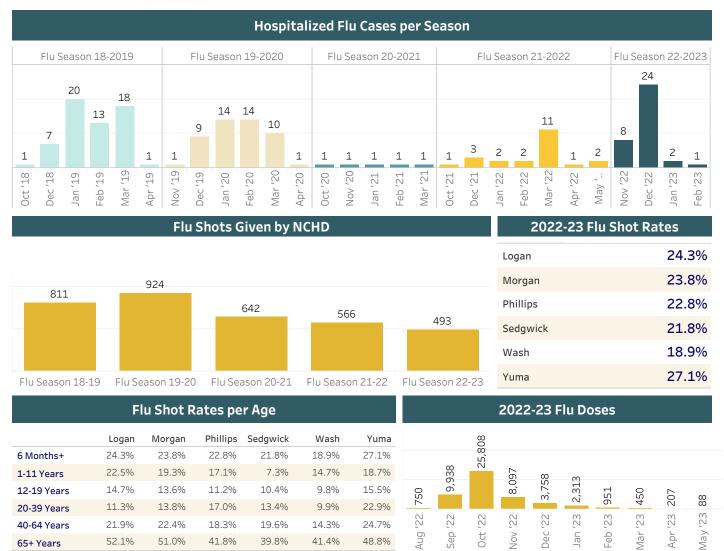
Influenza Trends

July 2023





Help stop the spread of germs that can make you and others sick

💋 Cover your mouth and nose with a tissue when you cough or sneeze. Put your used tissue in the waste basket.

Wash hands often with soap and warm water for 20 seconds, especially after touching tissues with secretions after coughing or sneezing. If soap and water are not available, use an alcohol-based hand rub.

🖊 You can also consider wearing a high-quality, well-fitting face mask which may help reduce the spread of respiratory germs.

When To Vaccinate for Influenza

CDC recommends that vaccination should be offered in September or October. However, vaccination should continue throughout the influenza season as long as influenza viruses are circulating, even into January or later. Children and pregnant people in their third trimester can be vaccinated as soon as influenza vaccine is available - even if this is in July or August.

Flu vaccination is especially important for people who are at higher risk of developing serious complications from flu, including children younger than 5, pregnant people, adults 65 and older, and people with certain chronic health conditions, such as diabetes, heart disease, and asthma.

Data Sources: CDPHE Disease Control and Public Health Response Portal, Colorado Immunization Information System (CIIS), and Colorado Electronic Disease Reporting System (CEDRS)