**The Wright Center encourages all eligible individuals to roll up sleeves,**

**get vaccinated against flu in 2022**

Flu vaccines are now available to patients at The Wright Center for Community Health’s network of community health centers in Northeast Pennsylvania. Most individuals are encouraged to receive a flu shot before Halloween to help minimize the seasonal resurgence of the virus this fall and winter.

Vaccines developed for the 2022-23 flu season – including higher-dose vaccines recommended for older adults – are in stock at all of The Wright Center’s primary care practices in Lackawanna, Luzerne and Wayne counties. To schedule an office visit that includes the flu vaccination, call 570-230-0019 or go online to TheWrightCenter.org and use the express scheduling system.

It is recommended that everyone ages 6 months and older, with few exceptions, receive the flu vaccine, according to the Centers for Disease Control and Prevention (CDC). Flu vaccines are approved by federal health officials and made widely available at health centers, doctors’ offices, pharmacies and certain other locations to encourage widespread participation by people who want to protect themselves and others in their community, including young children, senior citizens and other high-risk populations.

“The flu can pose serious health risks, even the possibility of death, for certain people,” says Dr. William Dempsey, deputy chief medical officer of The Wright Center for Community Health. “That’s why we encourage everyone to be a good citizen, a good neighbor, and roll up their sleeve to get vaccinated. It might be a momentary discomfort, but it’s far better than the potential misery caused by body aches, sore throat and the flu infection’s other symptoms.”

Experts advise that people in the U.S. get vaccinated at this time of year, preferably before the end of October. The flu season in North America typically starts in the fall and peaks between December and February.

For people ages 65 and older, the CDC this year is recommending the use of higher-dose flu vaccines that are potentially more effective than the standard dose.

In addition to older adults, other populations at increased risk of developing severe flu symptoms and potential complications include adults with chronic health conditions such as heart disease, HIV/AIDS, asthma, diabetes and kidney disease; pregnant women; cancer patients; young children; and children with neurologic disorders.

Individuals in a high-risk category who experience flu-like symptoms are urged to call a health care provider right away. Prompt treatment with a flu antiviral medication can often prevent serious complications.

All available flu vaccines in the U.S. for the 2022-23 season are the quadrivalent variety, meaning they are designed to protect against four different flu viruses.

Talk with your primary care physician or another trusted health care provider if you have questions about the flu vaccine. The clinical team at The Wright Center is available to provide fact-based advice and proven strategies for coping with the seasonal respiratory virus and other issues that affect health and wellness.

Learn more about The Wright Center’s mission and integrated health care services by visiting TheWrightCenter.org.