GEORGIA DEPARTMENT OF PUBLIC HEALTH

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NEWS RELEASE

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Flu Vaccination: The Best Protection Against the Flu

ATLANTA – The Georgia Department of Public Health (DPH) urges Georgians to get vaccinated against the flu now. With Thanksgiving just two weeks away, you still have time to protect yourself, your family, and your friends.

"The single most effective way to prevent the flu is the flu vaccine. Everyone over the age of six months should get a flu vaccine, with rare exceptions," said Kathleen E. Toomey, commissioner, Georgia Department of Public Health. "It takes about two weeks after vaccination for antibodies to develop in the body and provide protection against the flu, so it's important to take preventive measures now."

Flu symptoms include fever, cough, sore throat, runny or stuffy nose, headache, chills, and fatigue. One of the most pronounced flu symptoms is a sudden onset of achiness and malaise. Flu is a potentially serious disease, especially for young children and older adults, that can lead to hospitalization and sometimes even death.

All 2026–2027 seasonal influenza vaccines are trivalent, meaning they protect against three flu strains: influenza A (H1N1), influenza A (H3N2), and influenza B/Victoria virus. Ask your healthcare provider about what flu vaccine is right for you, as well as COVID and RSV vaccines.

Flu vaccines are available at public health departments, doctors' offices, grocery stores, neighborhood clinics, and pharmacies.

There are other tried and true measures you can take to help prevent the spread of flu and other respiratory diseases, including:

- Wash your hands frequently and thoroughly with soap and warm water. Alcohol-based hand sanitizers are the next best option if you don't have access to soap and water.
- Cough or sneeze into the crook of your elbow or arm to help prevent spreading the flu.
- Avoid touching your face, as flu germs can get into the body through the mucous membranes of the nose, mouth, and eyes.
- If you are sick, stay home from school or work.

For more information about flu and how to prevent it, log on to dph.ga.gov/flu. You can learn more about COVID and RSV vaccines at CDC Respiratory Virus Protection.

You can monitor Georgia weekly influenza reports at Georgia Flu Activity. The reports are updated on Fridays.

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