



“I’m working to provide older residents the resources they need to stay safe and help minimize their risk of contracting COVID-19 or the flu this fall and winter.”

– Assemblymember
Phil Steck

1609 Union Street, Schenectady, NY 12309

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LOOK INSIDE
for resources and
information about
the flu virus from
Assemblymember
Phil Steck

Helpful Resources for Older New Yorkers

from

Assemblymember
Phil Steck



Assemblymember Phil Steck: supporting older New Yorkers

Facts about the flu

Influenza, also known as the flu, is a virus commonly spread during the fall and winter. The exact timing and duration of flu seasons varies, but influenza activity often begins to increase in October. Most times, flu activity peaks between December and February.

Why should you get the flu vaccine?

The flu shot reduces flu infections, expensive doctor's visits and prevents flu-related hospitalizations. Everyone 6 months of age and older is recommended to receive the flu vaccine. A vaccination to prevent the flu is particularly important for people who have a high risk of developing serious complications, such as pneumonia.¹

Help prevent the spread of the flu and COVID-19:

- Avoid close contact with people who are sick.
- Cover coughs and sneezes with a tissue or the pit of your elbow, and throw away any tissue used.
- Wash your hands often with soap and water or an alcohol-based hand rub.
- Avoid touching your eyes, nose, and mouth.
- Clean and disinfect surfaces and objects.
- Stay home when you're feeling unwell. The CDC recommends that people stay home for at least 24 hours after their fever is gone, except to get medical care or other necessities. The fever should be gone without the need to use a fever-reducing medicine.

Learn about some of the similarities and differences between flu and COVID-19 at cdc.gov/flu/symptoms/flu-vs-covid19.htm.

Facts about COVID-19

In 2019, the SARS-CoV-2 caused a pandemic of respiratory illness called COVID-19. The virus has caused millions of deaths globally and created long-term health problems for some people who contracted the virus and survived. COVID-19 is still spreading and new variants continue to emerge.

Why should you get the COVID-19 vaccine?

COVID-19 vaccines are the best way to limit the virus' spread and reduce the likelihood of severe illness, hospitalization or death. Individuals age 5 and older are eligible to receive a vaccine.

Local resources

Albany County:

- Flu vaccines are available at pharmacies and medical offices at low to no cost and the county Department of Health offers flu vaccines by appointment from 9am to 4pm on weekdays. Call **518-447-4589** or visit their offices at **175 Green Street in Albany**.
- COVID-19 vaccines are free and no insurance or medical paperwork is needed. Visit: www.albanycounty.com/departments/health/coronavirus-covid-19/vaccination

Schenectady County:

- Flu vaccines: Contact the county Department of Health at **518-386-2810** for more information
- COVID-19 vaccines are free and no insurance or medical paperwork is needed. Visit: www.schenectadycounty.com/COVID19/vaccine

Looking out for our most vulnerable

Steck co-sponsored and helped pass legislation that:

- requires the state Department of Health (DOH) to develop regulations to allow family members and legal guardians of residential patients to provide compassionate caregiving visitation (**Ch. 89 of 2021**)
- establishes state guidelines for the transfer, discharge and voluntary discharge of individuals from residential health care facilities (**Ch. 80 of 2021**)
- requires every general hospital to create a clinical staffing committee made up of registered nurses, licensed practical nurses, ancillary staff members providing direct patient care, and hospital administrators (**Ch. 155 of 2021**)
- requires every nursing home facility in the state to prominently display the most recent star rating pursuant to the inspection rating system of the U.S. Center for Medicare and Medicaid Services (CMS) to allow consumers, their families and caregivers to easily compare facilities (**Ch. 441 of 2021**)

Questions? Concerns?
My office is here to help:

Assemblymember Phil Steck
1609 Union St., Schenectady, NY 12309
518-377-0902 | SteckP@nyassembly.gov

¹cdc.gov/flu/symptoms/coldflu.htm