The Moscow Times
30 YEARS
INDEPENDENT NEWS FROM RUSSIA

Russians Must Prepare for Flu Epidemic

October 13, 2015



Russia is likely to face a flu epidemic starting in December, though the outbreak is expected to be "moderate," a medical official said.

The head of a prophylactic vaccination department at the Mechnikov Vaccine Institute, Mikhail Kostinov, urged Russians to get flu shots by mid-November to avoid contracting the virus, Ekho Moskvy radio reported Monday.

This year's outbreak is expected to begin in December or January, according to estimates by the Flu Research Institute, the report said.

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