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Keep the Flu Away...Get Your Shot Today!

San Bernardino. The United States is experiencing an early influenza season this year and almost every state has reported widespread geographic influenza activity. "San Bernardino County like the rest of California is seeing an accelerated increase in flu activity over the past few weeks," said Dr. Ohikhuare. "You can help prevent further spread of the flu by getting a flu shot."

It's not too late to get your flu shot! County of San Bernardino Department of Public Health recommends getting a flu shot because it will still protect you this flu season, which has yet to peak in California. A seasonal flu shot is recommended every year to help protect you, your family, and the community from the flu. The flu is an illness caused by the influenza viruses and is easily spread from one person to another. Symptoms can range from mild to severe and can lead to hospitalization and even death. Get your flu vaccine today to protect yourself, family, coworkers, and others in the community from getting sick from the flu.

An annual seasonal flu shot is now universally recommended for:

- All persons aged 6 months and older

A seasonal flu shot is especially recommended for these high risk groups:

- Infants and children age 6 months up to their 19th birthday
- People 50 years of age and older
- People of any age with chronic medical conditions
- Pregnant women
- People who live in nursing homes and long-term care facilities
- Home caregivers and health care workers

Practice good hygiene to prevent the spread of illness:

- Cover your mouth with a tissue when you cough or sneeze, and throw the tissue in the trash after use.
- Wash your hands often with soap and water, especially after a cough or sneeze. Alcohol-based hand sanitizers may be used if soap and water are not available.
- Avoid close contact with sick people.
- Avoid touching your eyes, nose and/or mouth since these are openings for germs to enter the body.
- Stay home from work or school if you get sick and limit contact with others to keep them from getting sick.

For information about community clinic locations and times, please visit the County of San Bernardino Department of Public Health website at www.sbcounty.gov/dph, or call the Communicable Disease Section at 1-800-722-4794, Monday through Friday, from 8 a.m. to 5 p.m. to find a location near you.

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