DEPARTMENT OF PUBLIC HEALTH

COUNTY OF SAN BERNARDINO



COMMUNICABLE DISEASE SECTION

799 E. Rialto Avenue, San Bernardino, CA. 92415-0011

IMMUNIZATION 1-800-722-4794......Fax (909) 386-8325 TUBERCULOSIS CONTROL 1-800-722-4794......Fax (909) 387-2861 EPIDEMIOLOGY 1-800-722-4794.....Fax (909) 386-8325 TRUDY RAYMUNDO Public Health Director

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FOR IMMEDIATE RELEASE

September 13, 2012 PSA# 12-41 CONTACT: Faith Mwiti & Heather Griffis

Health Educators (800) 722-4794

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

San Bernardino. A seasonal flu shot is recommended <u>every</u> year to help protect you, your family, and the community from the flu. The County of San Bernardino Department of Public Health will sponsor low cost seasonal flu clinics throughout the County beginning end of September 2012. 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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JOSIE GONZALES, CHAIR.....Fifth District