



## HEALTH ADVISORY

### Public Health

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## It's not too late to vaccinate against the flu

The Department of Public Health is strongly encouraging County residents to get the flu shot. Influenza activity has been on the rise in California. Getting vaccinated against the flu can reduce flu illnesses and prevent flu-related hospitalizations or unnecessary trips to the emergency room.

Residents are encouraged to visit their primary care physician or urgent care if they have flu like symptoms. If you get sick with flu symptoms and are at high risk of flu complications or you are concerned about your illness, call your health care provider for advice. If you go to the emergency room and you are not sick with the flu, you may catch it from people who do have it.

“It is not too late to get your flu shot,” urges Dr. Maxwell Ohikhuare, Health Officer, and “Influenza activity reaches its highest levels between December and February, and may continue through May.”

A flu vaccine is the first and best way to protect yourself and the people around you from influenza and its potentially serious complications. Once vaccinated, it takes approximately two weeks before you are fully protected against the flu. An influenza vaccine is especially important for pregnant women and other people at higher risk of developing serious complications if they get sick with the flu.

In addition to getting vaccinated, it's crucial to practice good health habits. If you become ill, you should take actions to stop the spread of germs, including:

- Stay home when you are sick
- Cover your coughs and sneezes
- Wash your hands with soap/water
- Avoid touching your eyes, nose and mouth

For more information on the seasonal flu visit the Centers for Disease Control and Prevention web page at <http://www.cdc.gov/flu>, for information on where to get a Flu shot, call the County of San Bernardino, Department of Public Health, at 1-800-722-4777.

