

## Genesee County Health Department

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## FOR IMMEDIATE RELEASE

DATE: December 17, 2012 END DATE: March 1, 2013

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RE: Flu Season is Here-Protect Yourself

It is flu season again! Genesee County has already seen the presence of flu this season. It is not too late to get vaccinated against the flu. The flu vaccine is widely available in Genesee County. The best way to prevent getting the flu is to get vaccinated. The Center for Disease Control and Prevention recommends that everyone 6 months of age and older get vaccinated against the flu each year. Vaccination is especially important for those who are at high risk for serious flu complications, including young children, pregnant women, people 65 years old and older and people of any age with certain chronic health conditions (such as asthma, diabetes or heart disease).

You can also protect yourself and others from the flu by washing your hands often with soap and water and covering your coughs and sneezes. Most importantly, those who are sick should stay home. Be sure to consult your family physician if symptoms persist or are severe.

The Genesee County Health Department wants you to stay healthy this flu season. Visit our website at <a href="www.gchd.us">www.gchd.us</a> for more flu resources and information. If you have not yet received your flu shot, we encourage you to get one. To find a flu clinic near you go to <a href="www.flu.gov">www.flu.gov</a> or talk to your healthcare provider.

1 of 1