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## NEVADA STATE HEALTH DIVISION NEWS RELEASE

### Nevada State Health Division Urges Precautions To Help Prevent the Spread of Seasonal Influenza

*Carson City* – The Nevada State Health Division encourages Nevadans make an extra effort to prevent the spread of influenza (“flu”) and other respiratory illnesses during the upcoming season.

Bradford Lee, M.D., Nevada State Health Officer, urges people not only to get a flu shot, but to take personal responsibility and practice good personal hygiene as a first line defense. “I encourage you to wash your hands frequently and cover your mouth and nose when coughing or sneezing. Also, people with flu-like symptoms should stay home to avoid infecting co-workers or classmates. Parents should try to keep babies and young children away from people who have flu-like illnesses.”

“The good news is, we have been assured by our federal partner that there will be adequate supplies of influenza vaccine this year,” Dr. Lee said. “Check with your health care provider, watch for flu shot clinics being offered in your area, or call the community health nursing clinic in your community in order to receive your flu vaccine this season.”

#### **Preventive measures during the flu season include:**

- Avoiding close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick, too.
- Staying home when you are sick. If possible, stay home from work and school when you are sick. You will help prevent others from catching your illness.
- Covering your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.
- Washing your hands often will help protect you from germs.
- Avoiding touching your eyes, nose and mouth. Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose and mouth.

Flu season typically begins in October and can last until April or May. Because each season is unpredictable, it is not known how severe the 2006-2007 season might be.



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