

Richard Whitley, M.S.  
Administrator

Tracey D. Green, M.D.  
Chief Medical Officer



Contact Name: Pam Graber  
Phone Number: 775 684 5987  
Release Date: December 20, 2013  
Page 1 of 1

## Division of Public and Behavioral Health NEWS RELEASE

### Public and Behavioral Health Authorities Dispel Rumors

Residents advised to disregard unofficial reports, take flu precautions

*Carson City* – As flu season is upon us, it is imperative to be properly informed. Misinformation is common, and it is encouraged that residents seek information from credible resources. The Nevada Division of Public and Behavioral Health confirms there have been recent deaths in Nevada and nationwide associated with severe complications of the virus.

This flu season is typical, according to the Centers for Disease Control and Prevention (CDC). While flu activity is currently low in the United States, it is important to note that the incidence of cases in Nevada and in the United States is likely to peak in February, so anyone who has not yet received a flu vaccine should do so now. Flu is a serious illness that causes approximately 200,000 people to be hospitalized each year.

“The best precautions you can take are getting a flu shot, being conscientious about hand washing, and if you are ill, limiting your contact with others as much as possible,” says Tracey D. Green, MD, Chief Medical Officer.

The predominant strain of influenza observed this season has been type A, H1N1. The H1N1 strain is different from other strains of flu because H1N1 severely impacts younger age groups, children, immunocompromised individuals, and pregnant women. The flu vaccine available this year contains protection against this strain, as well as three other strains. Though the flu itself is common, it can result in severe complications and even death for people with chronic conditions such as asthma, diabetes, and heart disease.

Health officials have responded to the local interest in flu vaccine by organizing points of dispensing (POD) clinics, where residents can receive flu shots. A POD took place in Battle Mountain the evening of December 19, 2013, and one is being planned for Winnemucca during the week of December 23, 2013. For more information on the Winnemucca event, please contact Debbie Whittaker at 775-304-4747 and [aed@hghospitThanksal.ws](mailto:aed@hghospitThanksal.ws).

###

For more information about seasonal flu, visit [www.cdc.gov/flu/index.htm](http://www.cdc.gov/flu/index.htm).

For more information about the Division of Public and Behavioral Health, go to:

<http://health.nv.gov>



A handwritten signature in blue ink that reads "Richard Whitley".

Richard Whitley, Administrator

4150 Technology Way, Suite 300 Carson City, Nevada 89706  
Phone (775) 684-4200, Fax (775) 684-4211  
NEVADA STATE IS AN EQUAL OPPORTUNITY EMPLOYER