

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
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Division of Public and Behavioral Health NEWS RELEASE

The Division of Public and Behavioral Health Urges Holiday Flu Precautions

Getting a flu vaccine and taking preventive actions help prevent infection

Carson City – The Nevada Division of Public and Behavioral Health and the Centers for Disease Control and Prevention (CDC) urge all that if you have not gotten your flu vaccination yet this season, now is the time. In addition, and especially with the abundance of holiday activities, it is important to take additional measures to prevent getting or spreading disease.

- If you are sick, limit contact with others as much as possible to keep from infecting them.
- Cover your mouth with a tissue when you cough or sneeze, and discard the tissue in the trash.
- Wash your hands often with soap and water. If these are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose and mouth. Germs spread this way.
- Clean and disinfect surfaces and objects that may be contaminated with germs like the flu.

Additionally, the CDC urges people to not travel if they are ill. People with flu-like symptoms should wait to travel until at least 24 hours after their fever has subsided without the use of fever-lowering medications. If you become ill while traveling, you should postpone traveling home until you are well.

Dr. Ann Schuchat, MD, director of CDC's National Center for Immunization and Respiratory Diseases says, "Flu is a big concern for people, but flu shouldn't ruin the holidays. By practicing a little prevention, people can enjoy their holidays and stay well at the same time."

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For more information about seasonal flu, visit www.cdc.gov/flu/index.htm

For more information about the Nevada Division of Public and Behavioral Health, visit www.health.nv.gov.



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4150 Technology Way, Suite 300 Carson City, Nevada 89706
Phone (775) 684-4200, Fax (775) 684-4211
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