



Cochise Health & Social Services

Mary Gomez, Director

"Building A Healthier Future"

*** MEDIA RELEASE ***

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FOR IMMEDIATE RELEASE: Don't Let the Flu Spoil Your Holidays

The Arizona Department of Health Services and the US Centers for Disease Control and Prevention report that overall seasonal flu activity remains low to sporadic throughout Arizona and the United States; however, increases in flu activity are expected in the coming weeks. People who have not already gotten a flu shot this fall should do so now to help prevent illness that could interfere with a happy holiday season.

Recommendations for the Public

Getting a flu shot is the single most effective way to protect yourself and those around you against the flu. An annual flu vaccine is recommended for nearly everyone six months and older. Flu shots are often covered by health insurance and can be obtained at many convenient locations (refer to <http://www.azdhs.gov/flu/documents/WhereToGetFluVaccine.pdf>, or contact your primary care physician for advice).

In addition, there are some simple things you can do to help prevent flu and other infectious illnesses in yourself and your family, and to decrease the chances of spreading them to someone else if you do get sick:

- Wash your hands often with soap and hot water, especially before eating, after coughing or sneezing, and after using the toilet. Use an alcohol-based hand sanitizer if soap and water are not available.
- Cover your nose and mouth with a tissue or your sleeve when you cough or sneeze. Use disposable tissues and throw them away after use.
- Avoid touching your eyes, nose and mouth.
- Stay home when you are sick. Anyone who has flu or a flu-like illness should stay home from school, work, or other activities until at least 24 hours after the fever has gone away without the use of fever-reducing medications.
- While sick, limit contact with others as much as possible to keep from infecting them.
- Try to avoid close contact with sick people.

For More Information on Arizona and National Statistics

Up-to-date flu information may be obtained from the Arizona Department of Health Services (<http://www.azdhs.gov/phs/oids/epi/flu/index.htm>) and the Centers for Disease Control and Prevention (<http://www.cdc.gov/flu/weekly/summary.htm>).

*** more ***

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About Cochise Health and Social Services

On behalf of the Board of Supervisors, Cochise Health and Social Services promotes health and quality of life for all Cochise County residents through community partnerships, education, service, and leadership. For more information, including recent media releases, please visit our website at <https://www.cochise.az.gov/health-and-social-services/home>.

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