

The DPH Bulletin – Special flu edition

From the Delaware Division of Public Health

October 2015

Get flu vaccines early, every year

Everyone six months of age or older should get an annual flu vaccine as soon as it is available, the Division of Public Health (DPH) recommends. Young children, adults 65 and older, and those with underlying medical conditions should get their flu vaccination by the end of October.

Delawareans should first seek flu vaccine from their doctors; it is also available at most pharmacies and grocery stores. Uninsured people, those whose insurance does not cover flu vaccine, and those without doctors may be vaccinated at Public Health clinics, which accept donations, Medicaid, or Medicare Part B.

The flu vaccine for the 2015-2016 season offers broader coverage compared to last year, protecting against four different strains, according to the Centers for Disease Control and Prevention (CDC). The protection offered by vaccinations is important for everyone, not just those at high risk. Getting vaccinated can reduce flu illnesses, doctors' visits, and missing important family, school, or work events. Read the CDC's flu vaccine guidance at www.cdc.gov/flu/index.htm and helpful Delaware flu materials at flu.Delaware.gov.

Flu clinics planned statewide


Many flu clinics are scheduled in all three counties. Visit www.flu.delaware.gov or call 800-282-8672 for the entire clinic schedule.

In Sussex County on Oct. 22, DPH will hold a flu clinic at the Greenwood Fire Hall, 12611 Sussex Hwy. It runs from 2:00 p.m. to 7:00 p.m. and is for ages 9 years and above.

This year, DPH is making extra efforts to accommodate individuals with access and functional needs. Feedback received will assist DPH in preparing for future drills and emergency public health responses.



DELAWARE HEALTH AND SOCIAL SERVICES
Division of Public Health



Vaccination - by protecting myself, I'm protecting her.

GET IT.
800-282-8672
flu.Delaware.gov

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DPH's flu toolkit has articles, photos

Locate websites, social media, articles, and newsletters with flu images from DPH's flu toolkit, located at flu.Delaware.gov.

Seven healthy habits prevent the flu

- 1 Get a flu vaccine every year.
- 2 Wash hands often with soap and water for 20 seconds. Or, use hand sanitizer with 60% alcohol.
- 3 Avoid touching your eyes, nose, or mouth.
- 4 Stay six feet away from others who are coughing or sneezing.
- 5 Cover your nose and mouth with a tissue when coughing or sneezing, or cough or sneeze into your inner elbow.
- 6 Get enough sleep and exercise, manage stress, and consume healthy foods and fluids.
- 7 If sick with flu-like illness, stay home from work, school, and other gatherings. Do not return until you are free of fever (100° F [37.8° C]), without the use of fever-reducing medications, for at least 24 hours. If flu symptoms worsen, call your doctor.