

The DPH Bulletin – Special flu edition

From the Delaware Division of Public Health

October 2016



Get flu vaccines early, every year

All Delawareans 6 months of age and older who have not yet been vaccinated against the flu should get a flu vaccination as soon as possible. The Division of Public Health (DPH) advises young children, adults 65 and older, and those with underlying medical conditions to get their flu vaccinations by the end of October. Vaccinations help protect everyone.

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.

For the 2016-2017 season, the Centers for Disease Control and Prevention (CDC) recommends receiving the flu shot (inactivated influenza vaccine or IIV) and the recombinant influenza vaccine (RIV) – not the nasal spray flu vaccine. Read the CDC's flu vaccine guidance at www.cdc.gov/flu/index.htm and helpful Delaware flu materials at flu.Delaware.gov.

DPH's flu toolkit has articles, photos



Locate websites, social media, articles, and newsletters with flu images in DPH's flu toolkit, located at flu.Delaware.gov. See "Free Flu Materials."

Flu clinics planned statewide

Many flu clinics are scheduled across the state. View the flu clinic schedule at flu.delaware.gov or call DPH at 888-282-8672. DPH has planned two large flu clinics that offer free flu vaccine:

- **In New Castle County:** Oct. 6, 2016, 10:00 a.m.-2:00 p.m., Porter State Service Center, 509 W. 8th Street, Wilmington, DE 19801, for Delawareans age 9 years and older. Bilingual staff in Spanish will be on site.
- **In Kent County:** Oct. 27, 2016, 10:00 a.m.-4:00 p.m., Blue Hen Corporate Center, 655 South Bay Road, Dover DE 19901, for Delawareans age 13 years and older. This drive-through flu clinic also accommodates pedestrians. Bilingual staff in Spanish, African, Haitian Creole, and American Sign Language will be on site.

Delawareans with access and functional needs are encouraged to attend these events. Attendees should wear short sleeve or sleeveless shirts and leave pets other than service animals at home.

Help prevent the flu!

- Wash hands often with soap and water, or use hand sanitizer with 60 percent alcohol.
- When you cough or sneeze, cover your nose and mouth with a tissue or aim for your inner elbow.
- If sick with flu-like illness, stay home from work, school, and other gatherings. Do not return until you are free of fever (100 degrees F [37.8 degrees C]), without using fever-reducing medications, for at least 24 hours. If symptoms worsen, call your doctor.



DELAWARE HEALTH AND SOCIAL SERVICES
Division of Public Health

Find flu clinics in your ZIP code:
www.flu.gov