

# The DPH Bulletin – Special flu edition

From the Delaware Division of Public Health

September 2017



These Wesley College students got their 2016 flu shots at the Division of Public Health's drive-thru flu clinic in Dover.

## Drive-thru, walk-up flu clinics offered

The Division of Public Health (DPH) has scheduled numerous flu clinics and urges all Delawareans, including those with access and functional needs, to get their flu shots. View the flu clinic schedule at [flu.delaware.gov](http://flu.delaware.gov) or call DPH at 800-282-8672. To find flu clinics in your ZIP code, visit [www.flu.gov](http://www.flu.gov).

Two large flu clinics will be held, rain or shine, for ages 9 and up, on these dates:

- Oct. 5, 10:00 a.m. to 2:30 p.m. – Walk-up flu clinic outside Porter State Service Center, 511 W. 8<sup>th</sup> St., Wilmington, DE 19801. Staff speaking Spanish, Creole, Ibo, Korean, Hebrew, Yoruba, and American Sign Language (ASL) will be onsite.
- Oct. 10, 6:00 a.m. to 6:00 p.m. – Drive-thru flu clinic, Department of Transportation campus, front parking lot, 800 S. Bay Rd., Dover, DE 19901. Any size vehicles and any number of people in one vehicle are welcome. Staff speaking Spanish, Haitian Creole, and ASL will be on site.

Attendees should wear short sleeves or loose fitting clothing for access to the upper arm. Leave pets at home. Pedestrians welcome.

## Free materials on DPH's flu toolkit

Need a flu poster, handout, newsletter article, or video link for a mass email? Visit DPH's flu toolkit at [flu.Delaware.gov](http://flu.Delaware.gov).



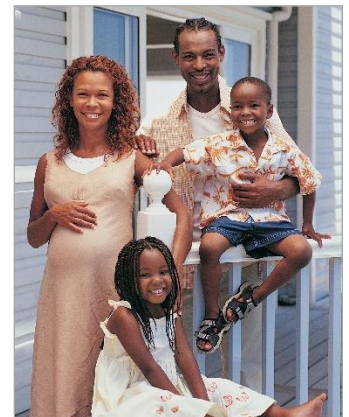
DELAWARE HEALTH AND SOCIAL SERVICES  
Division of Public Health

## 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. 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 a flu vaccine from their doctors, pharmacies, or 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 Centers for Disease Control and Prevention (CDC) recommends receiving the flu shot (inactivated influenza vaccine or IIV) and the recombinant influenza vaccine (RIV). Read the flu vaccine guidance at [www.cdc.gov/flu/](http://www.cdc.gov/flu/).



## Help prevent the flu!

- Get a flu shot for you and everyone in your household.
- 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.