

The DPH Bulletin – Special flu edition

From the Delaware Division of Public Health

September 2018

Flu vaccinations protect everyone

While flu season typically begins in October, Delaware is already seeing flu activity. The best way to not get the flu is to get vaccinated. Flu vaccines are recommended for all Delawareans 6 months of age and older. The Division of Public Health (DPH) advises young children, adults 65 and older, those with underlying medical conditions, and those with access and functional needs to get their flu vaccinations by the end of October.

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 DPH clinics, which accept donations, Medicaid, or Medicare Part B.

Seven healthy habits prevent the spread of the flu

1. Get a flu vaccine every year.
2. Wash your hands often with soap and water for 20 seconds. Or, use hand sanitizer with 60 percent alcohol.
3. Avoid touching your eyes, nose, or mouth.
4. Stay 6 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 eat healthy.
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 degrees F [37.8 degrees C]), without the use of fever-reducing medications, for at least 24 hours. If flu symptoms worsen, call your doctor.



DPH plans flu clinics statewide

Numerous flu clinics are scheduled across Delaware. View the DPH flu clinic schedule at flu.delaware.gov or call at 1-800-282-8672.

DPH is holding two large flu clinics that offer **FREE** flu vaccines. These will be held rain or shine, for anyone age 9 years and up, on these dates:

New Castle County: Oct. 5, 2018, 10:00 a.m. to 2:30 p.m. outside the Porter State Service Center, 509 W. 8th St., Wilmington.

Kent County: Oct. 9, 2018, 7:00 a.m. to 6:00 p.m. in front of the Delaware Department of Transportation's Administration Building, 800 S. Bay Road, Dover.

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

DPH's flu toolkit has articles, photos

Need a flu poster, handout, newsletter articles, or video link for a mass email? Check out DPH's flu toolkit, located at flu.Delaware.gov



DELAWARE HEALTH AND SOCIAL SERVICES
Division of Public Health