



San Benito County

HEALTH & HUMAN SERVICES AGENCY

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Healthy People in Healthy Communities



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To: All San Benito County Employees
From: County Public Health Officer
Re: Prevent Flu

The annual flu season is here and this is a reminder to all that we can minimize its harmful and costly impacts on us, our families, friends, clients, communities, and county.

Flu season is generally through the fall and winter, with a peak in February, but can extend to other months. In the U.S., yearly flu infections are in the millions, hospitalizations more than 200,000, and deaths have been as low as 3,000 and as high as 49,000. That equates to a lot of preventable misery, reduced productivity, and time lost from work.

In order to help keep ourselves, our families, friends, clients and communities healthy, we remind you of important actions that we can and should all take:

1. Get flu vaccinated;
2. If ill, stay home from work or school or other public spaces;
3. If and when you have to cough or sneeze, do it into your arm at the elbow;
4. Wash your hands often.

Health experts and authorities across the country agree that vaccine is the first and best way to prevent flu and we recommend that everyone six months and older get a flu vaccine. Vaccines are available at many healthcare providers' offices and clinics as well as at many pharmacies and many health insurance policies will cover them. At this point in time, we're not sure if the County, through Public Health, will be able to sponsor a mass flu vaccination day this season.

For more information, you may access <http://www.flu.gov/> and, to find where vaccine is available, you may access <http://flushot.healthmap.org/>.

Many thanks to all for everything you do every day to get and stay healthy and improve everyone's lives in our communities and county.