Press release

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Flu Prevention ~ Be Informed!

The flu season is upon us. Flu cases are being reported at higher rates than in previous years. The best thing one can do to protect themselves from the flu is to get vaccinated. Flu vaccine continues to be available at doctor's offices, healthcare providers and local pharmacies. Some community-based flu vaccination clinics are continuing to take place in the region. You can search by city or town by going to MyLocalClinic.com. Make sure to discuss the possibility of receiving the flu vaccination with your healthcare provider prior to receiving the inoculation.

There are simple steps that everyone can take to prevent the spread of flu. Wash your hands often with soap and warm water. Cover your cough or sneeze with your elbow, not with your hands. If you are sick with the flu, stay home from school or work.

Get more information on how to care for people who are sick with the flu in *Flu: What You Can Do?*, a free informational <u>brochure</u> from the Massachusetts Department of Public Health, available in electronic or hard copy format in nine languages. For additional information and materials, please visit the <u>Massachusetts Executive Office of Health and Human Services (EOHHS)</u>.