



SAN BENITO COUNTY

HEALTH & HUMAN SERVICES AGENCY

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PUBLIC HEALTH SERVICES
Healthy People in Healthy Communities

Serious Influenza Season Expected—Get Vaccinated! **HEALTH ADVISORY**

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(San Benito County) The current influenza (“flu”) season is expected to be particularly severe, according to public health officials in the Southern Hemisphere. Flu activity south of the Equator offers a good indication of coming flu activity in the Northern Hemisphere.

Flu activity reaches its highest levels between December and February, and can continue through May. However, flu activity has not yet peaked in the United States.

“It’s never too late to get a flu shot,” commented Dr. Gail Newel, health officer for San Benito County. “And it’s impossible to get the flu from the flu shot. Everyone six months of age and older, including pregnant women, should get the flu shot at the beginning of every flu season.”

Getting a flu shot is still the best way to protect yourself against the different flu strains that are circulating in the community.

You can get the flu vaccine locally at

- Your healthcare provider
- Pharmacies
- Public Health Services office at 439 Fourth Street in Hollister: We offer flu vaccine on Mondays, Wednesdays, Thursdays, and Fridays from 8:30 a.m. to 4:00 p.m. No appointments are necessary—just walk in. Flu vaccine is offered while supplies last.

In addition to getting flu vaccine, public health officials advise people to take the following steps to protect themselves and loved ones from the flu, as well as from other respiratory illnesses:

- Cover your cough and sneezes with a tissue.
- If you do not have a tissue, cough or sneeze into your elbow.
- Avoid touching your eyes, nose, or mouth.
- Wash your hands often and thoroughly with soap and warm water or an alcohol-based hand sanitizer.
- Stay home when you or family members are sick—and stay home until you have been symptom-free for 24 hours.

Health Alert: Warrants immediate action or attention.

Health Advisory: Provides information for a specific incident or situation; may not require immediate action.

Health Update: Provides updated information regarding an incident or situation; unlikely to require immediate action.