



SAN BENITO COUNTY

HEALTH & HUMAN SERVICES AGENCY

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PUBLIC HEALTH SERVICES
Healthy People in Healthy Communities

HEALTH ADVISORY

Date: January 11, 2018

To: School Administration, Staff and Parents

From: Gail Newel, MD, MPH, Health Officer

Subject: Widespread Influenza (Flu) Activity

In our county, as well as throughout California and the United States, flu activity has increased significantly over recent weeks.

Flu activity is continuing to increase at this time and can continue through May. San Benito County Public Health reminds you that a flu shot is still the best way to protect yourself against the flu.

1. It is not too late to get vaccinated—we encourage everyone six months of age and older, including pregnant women, to get vaccinated *as soon as possible every flu season*. We provide free flu shots to all.
2. It is impossible to get the flu from the flu shot.

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

You can get the flu vaccine locally at

- Your healthcare provider (covered by insurance without deductible or copay)
- Any pharmacy (covered by insurance without deductible or copay)
- Public Health Services office at 439 Fourth Street in Hollister. We offer free 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.

Public health officials also advise you to take the following steps to protect yourself and your 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 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 *at least* 24 hours.

For more information please call Public Health Services at (831) 637-5367, go to San Benito Public Health Services website <http://hhsa.cosb.us/publichealth/>, or visit the <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Immunization/Influenza.aspx>.