



News Release

***Prevention, Protection, Promotion
Daggett, Duchesne and Uintah Counties***

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What Seniors Should Do To Avoid the Flu

Actions To Take This Flu Season

Vernal, UT- October 13, 2009

According to the Centers for Disease Control, there are three specific actions that senior citizens should take in order to avoid the flu this season.

Start with a flu shot. Individuals 65 and older should get a flu vaccine as soon as it is available. Seasonal flu viruses are expected to circulate along with 2009 H1N1 viruses this flu season. When the 2009 H1N1 becomes available for people 65 years and older, you should get that vaccine also.

Take preventative measures. Wash your hands often and keep them away from you face. If soap and water is not available, use an alcohol-based sanitizer. Cover coughs and sneezes by using a tissue that should be disposed of immediately, or cough or sneeze into your sleeve. Practice social distancing, and stay home if you are sick.

If you develop flu symptoms, seek medical advice quickly. People 65 and older are prioritized to get antiviral drugs if they become sick with the flu according to CDC's guidance. Flu symptoms include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. Some people may also experience vomiting and diarrhea. People may be infected with the flu, including 2009 H1N1, and have respiratory symptoms without a fever.

People 65 and older are least likely to become infected with 2009 H1N1. Older people likely have some pre-existing immunity to the virus, but those that do become infected are at greater risk of experiencing serious complications from their illness.

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