



COUNTY OF YOLO

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It's Not Too Late to Vaccinate – for Flu!

(Woodland, CA) – Public health experts at the Yolo County Health and Human Services Agency want to encourage residents to get the flu vaccine, if they have not yet received it this season. Pregnant women especially should get the immunization.

The flu vaccine is one of the most important ways to prevent getting with flu, as well as the best way to protect others in the community. While some people who are immunized may still get infected with the virus, the flu vaccine can drastically reduce the length and severity of the illness. For individuals ages 2 to 49 who are uncomfortable with injections, a nasal spray called FluMist® is available through most primary care providers and clinics.

In addition to getting the flu shot, everyone can follow these simple steps to help stop spreading the flu:

- Wash hands often with soap and water.
- Regularly clean commonly-touched surfaces, such as countertops, doorknobs, and telephones.
- Avoid sharing cups, straws or anything that goes in the mouth.

If you do get sick:

- Stay home.
- Cover your nose and mouth when you cough and sneeze, and promptly discard used tissues.
- If you catch symptoms early, you can talk to your doctor to get antiviral drugs to help moderate the illness and shorten the time you are sick.

“Getting vaccinated is one of the best ways to prevent a severe illness and protect those in our community who are more vulnerable to the potentially devastating effects of the flu.” said Yolo County Health Officer Dr. Ron Chapman.

For more information about the flu, visit Yolo County’s Influenza page at: www.yolocounty.org/Flu.

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