

For Immediate Release
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BROWARD COUNTY HEALTH DEPARTMENT ENCOURAGES THE PUBLIC TO TAKE PRECAUTIONS AGAINST FLU

(BROWARD COUNTY, FL) – Broward County Health Department officials are advising the public to take precautionary measures against influenza (flu). Flu season can begin as early as October and last as late as May. **Everyone 6 months and older is encouraged to get vaccinated against the flu.** Flu vaccine is available at local retail outlets, pharmacies and health care providers.

The flu is a contagious disease, caused by the influenza virus, and spreads to others when infected persons cough, sneeze or talk.

“The best way to prevent the flu is to get a flu shot,” said Dr. Paula Thaqi, Director of the Broward County Health Department. “We strongly encourage everyone 6 months and older to get vaccinated against the flu.”

Individuals at high risk for flu complications include infants and young children, pregnant women, persons age 65 years and over, and persons of any age with chronic medical conditions. It is especially important for these individuals and their caretakers to get vaccinated.

Along with getting vaccinated, these steps are very effective in preventing the spread of influenza:

- Wash your hands often with soap and water or an alcohol-based hand sanitizer.
- Avoid touching your eyes, nose, or mouth.
- Do not share eating utensils, drinking glasses, towels or other personal items.
- Stay home when you are sick, keep sick children home and check with a health care provider, as needed.
- Avoid close contact with people who are sick, if possible.
- Avoid crowds and areas where people congregate and are likely to be sneezing and coughing.

Common symptoms of the flu include: Fever (usually high), headache, extreme tiredness, cough, sore throat, runny or stuffy nose, muscle aches, nausea, vomiting, and diarrhea, (much more common among children than adults).

For more flu information, visit www.browardchd.org.

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