

FLU INFORMATION AND ADVICE

The Center for Disease control is not anticipating a flu season that is any worse than previous years.

Flu season in New England normally begins in late December and January.

Flu vaccine is still available so if you would like a flu shot just call the Board of Health office at 508-699-0104 and schedule an appointment with the Public Health Nurse.

High Risk is:

All adults 65 years of age and older – please bring Medicare cards and/or insurance cards.

Woman who will be in their second or third trimester of pregnancy – but only with a letter from their obstetrician requesting the flu vaccine.

Adults under 65 are only high risk if they:

1. Have a chronic cardiac (heart) or pulmonary (lung) disease (including asthma.)
2. Required regular medical follow up or hospitalization in the past year because of chronic metabolic disease such as diabetes, kidney dysfunction, or blood disorders.
3. Immune system problems such as HIV or other immunosuppressant caused by disease, medication, radiation or chemotherapy.

Proof of high risk status may be required at some clinics.

For a list of other clinics in the area go to the
masspro.org web page

Vaccination is not the only way to help prevent the flu.

You can still protect yourself from the flu even if no vaccines are available. These simple actions can stop the spread of germs and help protect you from getting sick.

- **Avoid close contact.** Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.
- **Stay home when you are sick.** If possible, stay home from work, school and errands when you are sick. You will help prevent others from catching your illness.
- **Cover your mouth and nose.** Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.
- **Clean your hands.** Washing your hands often will help protect you from germs.
- **Avoid touching your eyes, nose or mouth.** Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose or mouth.
- **Do not share items.** Do not share items that can spread germs and viruses, like drinking cups, straws or other items that you put in your mouth.
- **Clean things that are touched often** in your household, classroom and child care settings; door, refrigerator handles, phones, water faucets, etc.
- **Do not take young children,** those with immune system problems or the chronically ill into large crowds unnecessarily when the flu is in your community.
- **Getting plenty of sleep,** engaging in physical activity, drinking water and eating good food will help you stay healthy in the winter and all year.

Pamphlets with more information about “Caring for People at Home” are available for pickup at the North Attleboro Board of Health office.