

DON'T GET THE FLU. DON'T SPREAD THE FLU.
cdc.gov/flu **GET VACCINATED.**



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FOR IMMEDIATE RELEASE

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Health Department urges cold and flu precautions

With Influenza season approaching the Oklahoma City-County Health Department wants to remind you of some things that you can do to avoid the flu. The most common way for illnesses like colds and flu to spread is from person to person in respiratory droplets when someone coughs or sneezes. This happens when droplets from a cough or sneeze of an infected person contacts people nearby. Germs can also spread when a person touches respiratory droplets from another person on a surface like a desk and then touches his or her own eyes, mouth or nose before washing their hands.

To Stay Healthy:

- Wash hands often with soap.
- Avoid close contact with people who are sick, if possible
- Avoid touching your eyes, nose or mouth.
- Do not share, eating utensils, drinking glasses, towels, keyboards or telephones.
- Eat a balanced diet with plenty of fruits and vegetables. Get regular exercise each day. Get plenty of rest.
- Do not visit friends or relatives who have flu or cold-like symptoms.
- Stop smoking. It irritates the lining of your nose, sinuses and lungs.

If You Are Ill:

- Cover your mouth when you cough or sneeze to avoid spreading germs. Throw used tissues in wastebasket.
- Wash your hands often and well.
- Rest and drink plenty of liquids. Plain water and fruit juice are the best.
- Take medication to relieve flu or cold-like symptoms.
- Stay home if you have the flu or a cold.

The Oklahoma City-County Health Department will begin giving influenza vaccinations on Monday, November 3rd. This year the immunization clinics will be held in various locations throughout the county. Clinics are planned to continue through December 11th with additional clinics to be announced based on availability and demand.

For dates, times and locations of immunization clinics please call 419-4144 or go the OCCHD website at: <http://www.cchdoc.com>

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