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NEVADA STATE HEALTH DIVISION NEWS RELEASE

Nevada State Health Division Urges Precautions To Help Prevent the Spread of Influenza

Carson City – The Nevada State Health Division strongly recommends that Nevadans make every effort to prevent the spread of influenza (“flu”) and other respiratory illnesses during the upcoming regular flu and H1N1 flu season.

Tracey D. Green, M.D., Nevada State Health Officer, urges everyone to take personal responsibility and practice good personal hygiene as a first line defense. “Getting your regular flu vaccination every year is one important way to decrease your chances of becoming ill, especially for people who are over the age of 65 and young children. I encourage you to wash your hands frequently and cover your mouth and nose when coughing or sneezing. Also, people with flu-like symptoms should stay home to avoid infecting co-workers or classmates. Parents should try to keep babies and young children away from people who have flu-like illnesses.”

There will be plenty of regular flu vaccine available. Typically, vaccination begins in October, but some health care providers are beginning to vaccinate this month. Some public flu shot clinics may be posted on the American Lung Association’s website: <http://www.lungusa.org/>

Preventive measures during flu season include:

- Get your regular flu shot.
- Avoiding close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick, too.
- Staying home when you are sick. If possible, stay home from work and school when you are sick. You will help prevent others from catching your illness.
- Cough or sneeze into your sleeve! It may prevent those around you from getting sick.
- Washing your hands often will help protect you from germs.
- Avoiding touching your eyes, nose and mouth. Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose and mouth.

For more information, please go to flu.nv.gov.

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