

Richard Whitley, M.S.
Administrator

Tracey Green, M.D.
State Health Officer



Contact Name: Martha Framsted, PIO
Phone Number: 775.684.4014
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NEVADA STATE HEALTH DIVISION NEWS RELEASE

The Nevada State Health Division Launches New Flu Website **flu.nv.gov**

Carson City – The Nevada State Health Division has launched the new flu website, making it very easy for the public to access information about seasonal flu and H1N1 (Swine) flu. Visit the website at: flu.nv.gov

“I urge everyone to access the new website,” said Dr. Tracey Green, State Health Officer. “We designed the site so that information is presented in a ‘toolkit’ format. There is general information and information specific for businesses, health care providers, schools, and daycare settings. There are also links provided for the federal and state agencies. A special thank you to the Department of Information Technology for completing the project so quickly.”

The newly established website will be updated on a regular basis, providing information from our federal, state and local partners. A ListServ is available on the new website. When you sign up for the ListServ, you will receive updated information, via email. The Health Division encourages everyone to provide input, as this website will continue to evolve throughout the upcoming months.

October is typically the time in which seasonal influenza begins to circulate throughout the state. Now is the time to be planning on getting your seasonal flu shot. The seasonal flu shot **will not** protect you from H1N1 flu virus.

Good health habits help to minimize your chances of becoming ill from seasonal and H1N1 flu. Some easy ways to protect yourself and your family:

- Get your seasonal flu vaccination.
- Cough or sneeze into your sleeve.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- If you get sick with the flu, stay home from work or school and limit contact with others to keep from infecting them.

For more information about the Nevada State Health Division, go to: <http://health.nv.gov>.

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A handwritten signature in blue ink that reads "Tracey Green MD".

Dr. Tracey Green, State Health Officer

4150 Technology Way, Suite 300 Carson City, Nevada 89706
Phone (775) 684-4200, Fax (775) 684-4211
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