

WEST ORANGE HEALTH DEPARTMENT INFLUENZA UPDATE – VACCINE AVAILABLE

Flu season is upon us and influenza activity is high and expected to be present through the spring. The dominant strain so far this year is H1N1. The West Orange Health Department has Flu Vaccine available to residents 18 years and over. The vaccine offered contains immunity for H1N1 and three other types of influenza. Residents with Medicare receive the vaccine free. Residents with a Medicare HMO, other insurance or no insurance will pay a \$20.00 fee. Contact the Health Center at 973-325-4130 to arrange for a vaccination.

BE AWARE OF SURFACES YOU COME IN CONTACT WITH

Keep your hands away from your nose, mouth and eyes.

Wash or sanitized surfaces that other people may be in contact with, such as, surfaces in an airplane, train, bus or Uber, tables or chair arms in a restaurant or office, shopping cart handles or other items that you may touch.

Do not share your computer keyboard, cell phone or other electronic devices and use your own pen.

Use your knuckle instead of a fingertip when pressing an elevator button or check out device at a store or pharmacy.

Give the fist bump instead of a hand shake.

THE BEST PROTECTION AGAINST THE FLU IS TO:

STAY HOME IF YOU ARE SICK

COVER COUGHS AND SNEEZES

WASH HANDS FREQUENTLY AND

GET A FLU SHOT, IF RECOMMENDED BY YOUR PHYSICIAN