

## **WEST ORANGE HEALTH DEPARTMENT INFLUENZA UPDATE – VACCINE AVAILABLE**

**March 29, 2019**

Flu activity is still high in all regions of New Jersey and continuing into spring. The dominant strain has been the H1N1 virus and now the H3N2 strain is equally prevalent. These are both Type A viruses. The West Orange Health Department has Flu Vaccine available to residents 18 years and over. This vaccine offered contains immunity for H1N1 and H3N2 and two Type B viruses causing influenza. If you have a fever or think you have flu symptoms contact your physician to receive anti-viral medication and follow the guidelines below. If previously vaccinated your symptoms will be less severe if flu is contracted. 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**