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FULTON COUNTY HEALTH DEPARTMENT

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Date: January 9, 2006
To: Area Media
From: Mary England, Administrator
Re: News Release for Immediate Release

HOW TO AVOID THE FLU

Health officials are stepping up their campaign to educate the public on how to avoid the flu this winter because of reduced shipments of flu vaccine to health care providers in the United States. The Fulton County Health Department offers the following recommendations to persons on how to avoid the flu:

- Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.
- Cover your nose and mouth with a tissue when you cough or sneeze – and dispose of the tissue afterward.
- If you don't have a tissue, cough or sneeze into your sleeve.
- Wash your hands after you cough or sneeze – with soap and warm water, or an alcohol-based hand cleaner.
- Frequent hand washing by all persons is highly encouraged.
- If you get the flu, stay home from work or school. You will help prevent others from catching your illness.
- **Schools** should practice the same preventive measures: cough or sneeze in a tissue and throw it away; use a sleeve if you don't have a tissue; and wash hands often with soap and water.

For additional information on how to avoid the flu, contact the Fulton County Health Department at 647-1134 extension 226 or visit the Health Department's website at www.fultoncountyhealth.com