



Manalapan Township Board of Health

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Preventive Steps for the Flu

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Influenza is a serious disease that can lead to hospitalization and sometimes even death. Every flu season is different, and influenza infection can affect people differently. Even healthy people can get very sick from the flu and spread it to others. Over a period of 31 seasons between 1976 and 2007, deaths in the US from flu have ranged from a low of about 3,000 to a high of about 49,000 people. During recent flu seasons, between 80% and 90% of flu related deaths have occurred in people 65 years and older. Each year in the United States, an average of more than 200,000 people are hospitalized from flu complications of which 20,000 of those hospitalized are children younger than 5 years old. "Flu season" in the United States usually peaks in January and the season can last as late as May. During this time, flu viruses are circulating at higher levels in the U.S. population. An annual seasonal flu vaccine is the best way to reduce the chances that you will get seasonal flu and spread it to others.

Getting a vaccine against seasonal flu is recommended for all persons age 6 months of age and older but they are particularly important for high risk groups, which include people aged 50 and older, those with chronic illnesses such as heart disease, cancer and diabetes, pregnant women, and children age six months to five years. In addition, people who live with or care for others at high risk for flu complications should be vaccinated to reduce the risk of infecting their families and co-workers.

Everyday preventive steps:

- Cover your nose and mouth with a tissue when you cough or sneeze—throw the tissue away after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze. If you are not near water, use an alcohol-based hand cleaner.
- Stay away as much as you can from people who are sick.
- If you get the flu, stay home from work or school. This will protect co-workers so that you don't make them sick.
- Avoid touching your eyes, nose or mouth. Germs spread this way.

For more information on flu prevention and flu clinics, please visit <http://www.state.nj.us/health/flu> or <http://www.cdc.gov/flu>. Local health departments in Monmouth County will be offering many seasonal flu and pneumonia clinics during September, October and November. Manalapan Township will be hosting the following 2017 seasonal flu shot schedule for residents age 12 and over.

Wednesday, October 18	9:30 am – 10:30 am	at Covered Bridge I Clubhouse
Thursday, October 19	1:00 pm – 2:00 pm	at Manalapan Town Hall
Tuesday, October 24	7:00 pm – 8:00 pm	at Manalapan Town Hall

Flu shots are \$20.00 or free for Seniors presenting Medicare Part B insurance cards. For more information on fees or the locations please call the Manalapan Township Health Department at 732-446-8345.