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FOR IMMEDIATE RELEASE

CARSON CITY/DOUGLAS COUNTY PUBLIC HEALTH REGIONAL PARTNERSHIP NEWS RELEASE

Get Your Flu Vaccination – Help Build Community Immunity

Carson City/Douglas County, Nev. – Carson City Health and Human Services (CCHHS) is reporting a steady increase of positive Influenza (flu) cases. Overall, Carson City, Lyon and Douglas Counties saw 27 cases testing positive for influenza. About 59% of those tested were positive for Influenza strain B, which is a slightly higher percentage of this specific strain than was seen in previous years at this time. CCHHS encourages providers to continue to report positive influenza testing to the Health Department as it helps to monitor influenza activity.

Flu activity most often peaks in February and can last into May. Vaccination is still the best protection against the flu, so it is not too late to get your flu vaccine this season, as the flu vaccines have been updated to better match the circulating viruses. Remember, your individual flu shot serves as your contribution to community wellness. It will help protect the elderly and all babies under 6 months old who are too young to be vaccinated, as well as the vulnerable in our community with cancer, respiratory illnesses, and weakened or compromised immune systems. It is also important for everyone to remember to practice good hand hygiene and continue to take preventive measures from getting sick. Your efforts help build Community Immunity!

The flu shot, the nasal spray vaccine and the high dose for seniors are all available at Carson City Health and Human Services and Douglas County Community Health. We bill Medicaid, Medicare and most private insurances, or \$25 without insurance. Flu vaccinations are a covered benefit under most insurance plans.

Vaccination forms and more information also available at: <http://gethealthycarsoncity.org/clinic/> or call 887-2195 in Carson City or 782-9038 in Douglas County.

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