



Town of Redding Health Department

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The best way to protect yourself and others from the flu is to get vaccinated. You can be vaccinated anytime during the flu season. This year's flu vaccine includes three different strains of the flu virus, including the 2009 H1N1 virus.

Although no vaccine is 100% effective in preventing disease, the influenza vaccine is safe and in most cases it will reduce the likelihood or severity of an influenza infection should you be exposed. Furthermore, claims that the vaccine can cause influenza are false. Occasionally, mild flu-like symptoms can follow vaccination, but this is not the same as true influenza.

For those who might be experiencing symptoms it is important they stay home from work or school in order to not risk spreading the disease to those around you. You should especially remain home if you:

- Have a temperature over 100 degrees with symptoms of a transmittable disease such as cold, cough, vomiting, diarrhea, or malaise. It is advised that they remain at home and benefit from bed rest until their temperature reverts to normal and they are free of symptoms for 24 hours
- Have a sore throat for a few days that does not improve. It is advised that they see their doctor.
- Have yellow or green-colored phlegm or nasal discharge. If symptoms do not improve they should visit their doctor.
- Go to bed with a stomach ache and feel the same the following morning. They should remain home until they feel better.

Staying home will likely shorten the length of the illness and will help prevent the "sharing of germs". Should you have any concerns or questions regarding illness symptoms, you should speak with your doctor.

Suggested steps to take to reduce the risk of becoming ill are 1) wash hands frequently with soap and warm water or hand sanitizer 2) cough or sneeze into the crook of the elbow, not into hands 3) avoid touching your eyes, nose or mouth.

Thank you for taking the precautions described above in the interest of not spreading disease to family, friends and those around you.

Dr. Lawrence Leibowitz
Director of Health
Town of Redding