

## News Release

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FOR IMMEDIATE RELEASE

### **District Confirms First Case of Flu in Clark County This Season**

Flu vaccinations and good health habits are recommended as local influenza season begins

LAS VEGAS – Dec. 13, 2005 – The Clark County Health District Office of Epidemiology has identified the first case of influenza this season in Clark County. Type A influenza was confirmed in a patient on Monday. Other surveillance indicators have not revealed any significant flu activity in Clark County.

The health district continues to have an ample supply of flu vaccine. Flu shots are recommended for all ages, and are still effective when given early in the flu season.

Vaccinations are available between 8 a.m. and 4:30 p.m. at these district public health centers:

- Ravenholt Public Health Center, 625 Shadow Lane
- East Las Vegas Public Health Center, 560 N. Nellis Blvd., Suite E12
- Henderson Public Health Center, 129 W. Lake Mead Pkwy., Suite 10
- North Las Vegas Public Health Center, 1820 E. Lake Mead Blvd., Suite F

“As flu begins to circulate in our area, people should practice good health habits to minimize the spread of disease,” said Dr. Donald Kwalick, chief health officer.

The following measures are strongly emphasized to prevent getting or spreading germs:

- **Avoid close contact with people who are sick.** Additionally, when you are sick, keep your distance from others to protect their health.
- **Stay home when you are sick.** Staying away from work, school, and errands when you are sick will help prevent others from catching your illness.
- **Cover your mouth and nose with a tissue when coughing or sneezing.** It may prevent those around you from getting sick.

(more)

- **Clean your hands.** Washing your hands often will help protect you from germs.
- **Avoid touching your eyes, nose or mouth.** Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.

For more information on the flu and flu vaccine availability, the general public may call the district's flu information line at (702) 385-INFO (4636) or visit [www.cchd.org](http://www.cchd.org).

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