

News Release

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FOR IMMEDIATE RELEASE

Health District Notes Increase in Flu Activity in Clark County

Flu vaccinations and infection control practices are recommended to minimize the spread of germs

LAS VEGAS – Dec. 21, 2005 – The Clark County Health District Office of Epidemiology has identified an increase in flu activity throughout the county. The increase in illness was confirmed through several of the district’s year-round flu surveillance programs. Influenza circulates in the winter months in the northern hemisphere, and an increase in community-wide illness is typically identified at this time of year in Clark County, underscoring the need for good health habits.

“Flu is most often spread through the air when an ill person coughs or sneezes, and a healthy person inhales respiratory droplets containing the virus,” said Dr. Lawrence Sands, director of community health for the district.

The following infection control practices are strongly recommended to prevent getting or spreading the flu and other respiratory illnesses:

- **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.
- **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.

(more)

Flu vaccinations are still recommended, even as the flu season begins. The full season will last several months, so getting a vaccination is still beneficial. The district has plenty of flu vaccine available, and flu shots clinics continue between 8 a.m. and 4:30 p.m. at the following 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

Please note: the district will be closed Monday, December 26, in observance of the Christmas holiday and Monday, January 2, in observance of New Year's Day.

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. Flu statistics will be updated as needed on the district web site, as well.

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