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## News Release

FOR IMMEDIATE RELEASE

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### Southern Nevada Health District confirms first flu cases

**LAS VEGAS – December 22, 2006** – The Southern Nevada Health District’s Office of Epidemiology has confirmed the first two cases of influenza this season in Clark County.

Flu shots are still recommended for anyone who has not yet obtained one and the health district has an ample supply of the vaccine. Influenza vaccinations are recommended for anyone over six months of age. Flu shots are especially important for those at high risk of complications from the disease, such as those over age 50 and individuals who suffer from chronic diseases as well as their care givers and household contacts. It takes about two weeks to build sufficient immunity to influenza following a flu shot. Flu season generally peaks in Southern Nevada in February and can continue into May.

Flu shots and the inhaled FluMist are \$30 and are available Monday – Friday 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, 520 E. Lake Mead Parkway
- North Las Vegas Public Health Center, 1820 E. Lake Mead Blvd., Suite F

The health district reminds the community to practice good health habits to minimize the spread of disease, including influenza:

- **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.
- **When you sneeze or cough, do so into a tissue or the crook of your arm.** Covering your mouth and nose prevents the spread and keeps those around you from getting sick.
- **Wash your hands frequently.** 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 immunization project (702) 759-0850 or visit [www.southernnevadahealthdistrict.org](http://www.southernnevadahealthdistrict.org) or [www.flurevolution.com](http://www.flurevolution.com)