



FOR IMMEDIATE RELEASE

November 6, 2008

Influenza has arrived in the Valley

LAS VEGAS --The Southern Nevada Health District Office of Epidemiology has received the first report of a laboratory-confirmed case of influenza this season in Clark County. It is important to note that only a small percentage of individuals with influenza seek medical care and an even smaller percentage are tested for the virus. Laboratory confirmation of a flu case represents the fact that the influenza virus is currently circulating in the Las Vegas Valley. For more information about influenza or flu shots, visit www.southernnevadahealthdistrict.org or call (702) 759-0850.

Flu shots are 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 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, Las Vegas
 - East Las Vegas Public Health Center, 560 N. Nellis Blvd., Suite E12, Las Vegas
 - Henderson Public Health Center, 520 E. Lake Mead Parkway, Henderson
 - North Las Vegas Public Health Center, 1820 E. Lake Mead Blvd., Suite F, North Las Vegas
 - Spring Valley Public Health Center, 6330 W. Spring Mountain Rd., Ste. C, Las Vegas
- (All services at Spring Valley, including immunizations, are available by appointment only. Call 759-0701)

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, use 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.