



**FOR IMMEDIATE RELEASE**

**January 11, 2013**

**Southern Nevada experiencing moderate influenza activity**

*Health district reminds residents it's not too late to get vaccinated*

**LAS VEGAS** - Currently Southern Nevada is experiencing moderate influenza activity. However, with reports of widespread activity throughout the country, cases are expected to increase locally. The Southern Nevada Health District is reminding Valley residents, especially those most at risk from complications from the illness, that it is not too late to get vaccinated. Influenza season typically peaks in Southern Nevada in January or February and an influenza immunization is the best method to prevent illness. For more information, contact the health district's immunization clinic at (702) 759-0850 or visit [www.SNHD.info](http://www.SNHD.info).

At this time the health district is not experiencing any vaccine shortages and has administered more than 9,200 influenza shots since Oct. 1. During a typical influenza season emergency departments do see an increase in patient volume and have plans in place in order to ensure patients are well taken care of during times of surge. However, most healthy people do not need to see a doctor for influenza as the illness usually goes away within seven to 10 days. Whenever possible, call your health care provider to get advice on whether you need to be seen. Do not go to an emergency room unless you have severe symptoms or are at risk for complications and you cannot contact your physician. (*See the attached fact sheet for additional information.*)

"We are seeing influenza in the community along with a variety of other respiratory viruses. We are encouraging people to get their influenza shot, to stay home if they are sick, and to use our community's health care facilities appropriately to ensure we can provide the best care possible to everyone this influenza season," said Dr. John Middaugh, chief health officer for the health district.

Influenza shots are recommended for people 6 months old and older, especially people at a high risk for complications from the flu including very young children, people older than 65, pregnant women, and people with chronic medical conditions. For information regarding influenza, visit <http://www.southernnevadahealthdistrict.org/influenza/index.php>.

Influenza is a contagious respiratory infection caused by the influenza virus. Most healthy people recover from the illness without complications. Deaths from influenza can range from fewer than 3,000 to nearly 49,000 each year in the United States according to the Centers for Disease Control and Prevention (CDC). To help prevent the spread of the virus: avoid close contact with people who are sick, stay home if you're sick, cover your mouth and nose when you cough or sneeze, wash your hands, and avoid touching your eyes, nose or mouth.

(more)

Influenza Shot reminder – add one

Flu shots are \$28 and the high-dose shot for people 65 and older is \$56. Flu immunizations are available at the following health district locations:

**Monday through Friday, 8 a.m. until 4:30 p.m.**

- Main Public Health Center, 330 S. Valley View Blvd., Las Vegas
- North Las Vegas Public Health Center, 955 W. Craig Rd., Ste. 103D, North Las Vegas  
(*North Las Vegas is closed daily from 12:30 until 1 p.m. for lunch*)

**Monday through Thursday, 8 a.m. until 5:30 p.m.**

- East Las Vegas Public Health Center, 560 N. Nellis Blvd., Ste. E12, Las Vegas
- Henderson Public Health Center, 520 E. Lake Mead Parkway, Henderson

**Tuesday and Thursday, 8 a.m. until 4 p.m.**

- Mesquite Public Health Center, 830 Hafen Lane, Mesquite  
(*Mesquite is closed daily from noon until 1 p.m. for lunch*)

Updated information about the Southern Nevada Health District can be found on Facebook [www.facebook.com/SouthernNevadaHealthDistrict](http://www.facebook.com/SouthernNevadaHealthDistrict), on YouTube [www.youtube.com/SNHealthDistrict](http://www.youtube.com/SNHealthDistrict) or Twitter: [www.twitter.com/SNHDinfo](http://www.twitter.com/SNHDinfo). The health district is now available in Spanish on Twitter [www.twitter.com/TuSNHD](http://www.twitter.com/TuSNHD). Don't have a Twitter account? Follow the health district on your phone by texting "follow SNHDinfo" to 40404.