



FOR IMMEDIATE RELEASE
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CONTACT for this Release:
Krista Dommer, Coordinator
Public Information and Communication
Office Phone: (209) 468-3571
Email: kdommer@sjcphs.org

FORGOT TO GET YOUR FLU VACCINE? IT'S NOT TOO LATE!
BEST WAY TO FIGHT THE FLU IS TO GET VACCINATED EACH YEAR

Advice to residents: get vaccine, wash hands, cover coughs and sneezes, and stay home when sick

STOCKTON, CA (December 12, 2017) – The flu is not just a major headache or miserable aches and pains; for many it is a serious respiratory illness that can cause severe complications, even death for vulnerable populations. While a healthy person might experience flu as an inconvenience, that same person can pass the influenza virus to a highly vulnerable person (young child, older adult, person with a chronic disease, etc.), resulting in hospitalizations for many people. Year to-date in San Joaquin County, Public Health Services has received reports of two influenza outbreaks in long-term care facilities, three flu hospitalizations in intensive care, and one flu death of a person under 65 years of age.

Health officials recommend that everyone 6 months and older should be vaccinated annually to prevent influenza illness in themselves and others. “Getting a flu vaccine is the single most effective way to prevent the flu, but it doesn’t stop there,” said Dr. Alvaro Garza, San Joaquin County Public Health Officer. “Everyone can help prevent the spread of flu by washing hands with soap and water, covering coughs and sneezes, and staying home when sick.”

When more people get vaccinated against the flu, less flu virus spreads through the community. **It is not too late to get the flu vaccine.** Go to <https://www.vaccinefinder.org> to find a location near you where you can get vaccinated. Simply enter your zip code or city and state to find mapped locations of flu vaccine clinics.

For more information on influenza, visit the U.S. Centers for Disease Control and Prevention (CDC) at <https://www.cdc.gov/flu/> or <https://espanol.cdc.gov/enes/flu/index.htm> for Spanish.

Attachment: CDC fact sheet, “Why get a flu vaccine?”

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¿SE LE OLVIDÓ SU VACUNA DE LA GRIPE? ¡NO ES MUY TARDE! LA MEJOR MANERA DE PROTEGERSE CONTRA LA GRIPE ES VACUNARSE CADA AÑO

Se recomienda a los residentes que se vacunen, laven las manos, cubran tos y estornudos, y queden en casa cuando estén enfermos

STOCKTON, CA (12 de diciembre de 2017) - La gripe no es solo un gran dolor de cabeza u otros dolores; para mucha gente es una enfermedad respiratoria grave que puede causar complicaciones, incluso la muerte de poblaciones vulnerables. Mientras que una persona sana puede experimentar la gripe como una inconveniencia, esa misma persona puede pasar el virus de la gripe a una persona muy vulnerable (niño/niña, joven, anciano, alguien con enfermedad crónica, etc.) lo que resulta en hospitalizaciones para muchas personas. En lo que va del año, hasta la fecha en el Condado de San Joaquin, los Servicios de Salud Pública han recibido informes de dos brotes de influenza en centros de atención a largo plazo, tres hospitalizaciones por gripe en cuidados intensivos y la muerte de una persona menor de 65 años de gripe.

Los funcionarios de salud recomiendan que todas las personas de 6 meses en adelante se vacunen anualmente para prevenir la enfermedad gripal en ellos mismos y en los demás. "El vacunarse contra la gripe es la forma más efectiva de prevenirla, pero no termina ahí," dijo el Dr. Álvaro Garza, Oficial de Salud Pública del Condado de San Joaquín. "Todos pueden prevenir la propagación de la gripe lavándose las manos con agua y jabón, cubriéndose la tos y los estornudos, y quedándose en casa cuando están enfermos".

Cuando más personas se vacunan contra la gripe, menos gripe puede propagarse a través de la comunidad. **No es demasiado tarde para vacunarse contra la gripe.** Vaya a <https://www.vaccinefinder.org> para buscar un lugar cerca de donde pueda vacunarse. Simplemente ingrese su código postal o ciudad y estado para encontrar ubicaciones asignadas de clínicas de vacunas contra la gripe.

Para obtener más información sobre la influenza, visite los Centros para el Control y la Prevención de Enfermedades (CDC) en <https://espanol.cdc.gov/enes/flu/index.htm> para español.

Adjunto: CDC fact sheet, "Why get a flu vaccine?"

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Why get a flu vaccine?

FIGHT FLU



Yearly flu vaccination is the best tool currently available to protect against influenza (flu), a serious disease which sickens millions of people each year.

The Centers for Disease Control and Prevention (CDC) recommends a yearly flu vaccination as the first and most important step in protecting against flu and its potentially serious complications. Millions of people have safely received flu vaccines for decades. Flu vaccination can reduce flu illnesses, doctors' visits, and missed work and school due to flu, as well as prevent flu-related hospitalizations.

Reasons to get a flu vaccine:

- Flu vaccination can keep you from getting sick from flu.
- Flu vaccination can reduce the risk of flu-associated hospitalization, including among children and older adults.
 - A 2014 study showed that flu vaccine reduced children's risk of flu-related pediatric intensive care unit (PICU) admission by 74% during flu seasons from 2010-2012
 - Another study published in the summer of 2016 showed that people 50 years and older who got a flu vaccine reduced their risk of getting hospitalized from flu by 57%.
- Flu vaccination is an important preventive tool for people with chronic health conditions.
 - Vaccination was associated with lower rates of some cardiac events among people with heart disease, especially among those who had a cardiac event in the past year.
 - Flu vaccination also has been shown to be associated with reduced hospitalizations among people with diabetes (79%) and chronic lung disease (52%).
- Vaccination helps protect women during and after pregnancy. Getting vaccinated also protects the baby several months after birth.
 - A study that looked at flu vaccine effectiveness in pregnant women found that vaccination reduced the risk of flu-associated acute respiratory infection by about one half.
 - Another study found that babies of women who got a flu vaccine during their pregnancy were about one-third less likely to get sick with flu than babies in unvaccinated women. This protective benefit was observed for four months after birth.
- Flu vaccination also may make your illness milder if you do get sick.
- Getting vaccinated yourself also protects people around you, including those who are more vulnerable to serious flu illness, like babies and young children, older people, and people with certain chronic health conditions.



For more information, visit:

www.cdc.gov/flu

or call **1-800-CDC-INFO**



**U.S. Department of
Health and Human Services**
Centers for Disease
Control and Prevention

How well do flu vaccines work?

Studies by CDC researchers and other experts indicate that flu vaccine reduces the risk of doctor visits due to flu by approximately 50% to 60% among the overall population when the vaccine viruses are like the ones spreading in the community. Other studies have shown similar protection against flu-related hospitalizations.

A flu vaccination does not guarantee protection against the flu. Some people who get vaccinated might still get sick. However, people who get a flu vaccine are less likely to get sick with flu or hospitalized from flu than someone who does not get vaccinated.

The most important factors that affect how well the flu vaccine works include:

- The “match” between the flu vaccine and the flu viruses that are spreading that season; and
- Factors such as the age and overall health of the person being vaccinated. For example, older people with weaker immune systems may respond less well to vaccination.

Experts are working to create flu vaccines that work better, but existing flu vaccines still offer important health benefits to the community.



The following is a list of all the health and age factors that are known to increase a person’s risk of getting serious complications from the flu:

- Asthma
- Blood disorders (such as sickle cell disease)
- Chronic lung disease (such as chronic obstructive pulmonary disease [COPD] and cystic fibrosis)
- Endocrine disorders (such as diabetes mellitus)
- Extreme obesity (people with a body mass index [BMI] of 40 or greater)
- Heart disease (such as congenital heart disease, congestive heart failure and coronary artery disease)
- Kidney disorders
- Liver disorders
- Metabolic disorders (such as inherited metabolic disorders and mitochondrial disorders)
- Neurological and neurodevelopmental conditions
- People younger than 19 years of age and on long-term aspirin therapy
- Weakened immune system due to medication (such as people with HIV or AIDS, or cancer, or those on chronic steroids)

Other people at high risk from the flu:

- Adults 65 years and older
- Children younger than 5 years old, but especially children younger than 2 years old
- Pregnant women and women up to 2 weeks after the end of pregnancy
- American Indians and Alaska Natives

It is especially important that these people get a flu vaccine and seek medical treatment quickly if they get flu symptoms.