MERCED COUNTY
DEPARTMENT OF PUBLIC HEALTH

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Director

September 24, 2012

FOR IMMEDIATE RELEASE

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Flu Vaccine Recommended For Everyone Six Months of Age and Older

MERCED – The U.S. Centers for Disease Control and Prevention recommends that everyone six months of age and older get a flu shot.

"Now is the time to get a seasonal flu shot from your regular doctor or clinic," states Kathleen Grassi, R.D., M.P.H., Director, Merced County Department of Public Health. "The Department of Public Health also offers flu shots at clinics scheduled throughout Merced County starting in October."

Everyone, six months of age and older, should be vaccinated against the flu but it is especially important for people with asthma or other chronic lung diseases, heart disease, and diabetes. Pregnant women, seniors, and people who live with or care for those at high risk should also be sure to be vaccinated against the flu.

Merced County Health Officer, Tim Livermore, M.D., notes that, "getting an annual flu shot is the best way to prevent flu from spreading. Protect yourself and others by covering coughs and sneezes, washing hands frequently with soap and water or hand sanitizer, and staying home and away from others when sick."

For information on the Department of Public Health's 2012 flu clinic schedule go to: www.co.merced.ca.us/flu. Flu clinic schedule information is also available at the Merced County *Flu Info Line* at 209-381-1180 (in English) or 209-381-1181 (in Spanish). Or call the Department of Public Health's Immunization Program at 209-381-1023 for more information about seasonal flu.

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