

# Public Health Advisory - Flu Season 2024

## DEPARTMENT OF PUBLIC HEALTH

### Seasonal Influenza Advisory | Advisory #PH-2024-003

The Department of Public Health advises residents to take precautions during the 2024 flu season, which typically peaks January through March.

#### **Vaccination Recommendations**

Annual flu vaccination recommended for all persons 6 months and older. Vaccines available at:

- County Health Department clinics (by appointment)
- Participating pharmacies and retail clinics
- Primary care physicians

Free vaccinations available for uninsured residents at public health clinics.

#### **Prevention Measures**

- Wash hands frequently with soap and water
- Cover coughs and sneezes with tissue or elbow
- Stay home when sick to prevent spread
- Avoid touching eyes, nose, and mouth
- Clean and disinfect frequently touched surfaces

#### **When to Seek Medical Care**

Seek immediate medical attention for: difficulty breathing, chest pain, persistent fever over 103°F, confusion, or severe weakness.

24-Hour Nurse Hotline: 1-800-555-HEALTH