



Fight Flu

at Home and School

Influenza (flu), spreads easily and can make people very sick, especially kids. You can help stop flu!

Flu symptoms include:

Fever or chills, body aches, cough, sore throat, headache, runny or stuffy nose, feeling very tired. Some people, especially children, may have stomach problems and diarrhea. Unlike a cold, the flu comes on very suddenly.

Prevent flu!

- Flu vaccine is the best protection against the flu. It is recommended every year for everyone 6 months and older.
- Get the flu vaccine for you and your children every year! It helps make flu sickness milder or prevents it altogether.
- Getting the vaccine early in the fall means you and your children will be protected when flu season starts.
- Make sure people close to your children, like babysitters and relatives, are also vaccinated.
- The vaccine is especially important for people with certain medical conditions like asthma, diabetes, and heart or lung disease, because the flu can make them even sicker.

If your child gets the flu:

- Your child will need plenty of rest and lots of fluids.
- Keep your child home from school for at least 24 hours after their fever is gone without using fever-control medicine. This helps avoid giving the flu to others.
- Talk with your child's health care provider before giving a child any over-the-counter medicine.
- Never give your child or teenager aspirin or any medicine that has aspirin in it. Aspirin can cause serious problems for children and teens.
- Young children and those with certain medical conditions, like asthma, diabetes, and heart or lung disease, are at greater risk for getting seriously ill from the flu.
- If your child gets flu symptoms and is younger than 5 or has a medical condition, call their health care provider and ask about antiviral treatment.
- If you are worried about your child, call their health care provider.

Don't spread flu!

- Wash hands often with soap and water for at least 20 seconds.
- If soap and water aren't handy, use an alcohol-based hand rub.
- Cough or sneeze into a tissue or your elbow, not your hands. Put used tissues in the trash.
- Avoid touching your eyes, nose, and mouth. That's how germs spread.
- Stay away from people who are sick.

health.ny.gov/flu



Department
of Health



DEPARTMENT OF HEALTH

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To: Allegany County Media
From: Robert Matasich, Public Health Educator
Re: Allegany County Department of Health Offers Flu Shots
Date: September 14, 2023

News Release: Allegany County Department of Health Offers Flu Shots

The Allegany County Department of Health (ACDOH) will offer Flu shots at the following locations.

Table with 4 columns: Type, Date, Time, Location. Rows include Immunizations and Flu, Flu, and Flu - OFA Meal Site at various locations like County Office Building Clinic, American Legion Post #702, Houghton Fire Hall, etc.

To register for an appointment please go to https://tinyurl.com/FLU2023ACDOH or call 585-268-9250.

- Please wear short sleeves.
Please bring insurance cards with you. It is the responsibility of the insured to make sure the Allegany County Department of Health is within the insurance's network...
Flu Vaccines are NOT FREE! If you are paying cash for Flu Vaccine:
- High dose flu for ages 65 and over is \$102.
- Regular flu is \$51.

Please call the Allegany County Department of Health at 585-268-9250 with any questions or to make an appointment. Walk ins accepted. ###

