

INFORMATION ABOUT VACCINE AVAILABILITY

1/11/13

Communities across Massachusetts, including Peabody, are reporting increased amounts of flu-like illness, and hospitals, community health centers and health care providers are seeing higher volumes of flu patients in their facilities. The single best way to prevent seasonal flu is to get vaccinated each year. Although the Peabody Health Department has already distributed all of its flu vaccine, there is NOT a vaccine shortage in this area. Vaccine is available through most local pharmacies and doctors' offices. If you are having trouble finding a place to get the vaccine, you can visit www.flufinder.org, or contact the Health Department at our main number (978-538-5926) and we will assist you.

We would also like to take this opportunity to tell you about other simple but effective steps you can take to stay healthy during this flu season:

Please remember to cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.

Please wash your hands often – it will help protect you from germs.

Avoid touching your eyes, nose or mouth. Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.

Please practice other good health habits - like getting plenty of sleep, being physically active, managing your stress, drinking plenty of fluids, and eating nutritious food.

Also avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick.

Most importantly, stay home when you are sick. You will help prevent others from catching your illness.

For additional information, please call the Health Department at 978-538-5926 during normal business hours, or visit www.mass.gov/dph/flu, or www.cdc.gov/flu.