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**FOR IMMEDIATE PRESS RELEASE:**

**Out of flu vaccine**

**The Branch – Hillsdale – St. Joseph Community Health Agency is out of flu vaccine at this time.** We have been in contact with our vendor and other providers in the area, and we are not able to obtain additional doses. Since the Community Health Agency provides flu shots by appointment, anyone who had already scheduled an appointment as of 12/08/2003 will receive their shot.

If you were not able to receive a flu shot this year, you can still limit your exposure to the flu and reduce the chances of becoming ill. Remember the following when dealing with the flu:

- The flu is different from a cold. The flu usually comes on suddenly and may include these **symptoms**: Fever, headache, fatigue, dry cough, sore throat, body aches
- The flu is spread when a person who has the flu coughs, sneezes, or speaks and sends flu virus into the air, and other people inhale the virus.
- Influenza may be spread when a person touches a surface that has flu viruses on it – a door handle, for instance – and then touches his or her nose or mouth.
- A person can spread the flu starting one day before he or she feels sick. Adults can continue to pass the flu virus to others for another three to seven days after symptoms start. Children can pass the virus for longer than seven days.
- **WASH YOUR HANDS.** Since flu is spread by contact with the virus, be sure to wash your hands periodically to limit possibility of spreading the virus yourself or from exposing yourself to it from someone else. Simple but good advice.

If you feel you already have the flu you should:

- Rest
- Drink plenty of fluids
- Avoid using alcohol and tobacco
- Take medication to relieve symptoms of flu – antibiotics do NOT work

Contact your health care provider for additional information

Visit our Web site for additional information about the flu and other health concerns

[WWW.BHSJ.ORG](http://WWW.BHSJ.ORG)