



Navajo Nation  
Division of Health  
Public Health Emergency Preparedness



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### Time for the Flu Shot

**Window Rock, AZ; December 20, 2010** - It's time to get a flu shot. Anyone 6 months of age and older should get the flu shot. Any health representative will tell you, the best prevention against the flu is the annual flu shot. The peak of the flu season is usually in the fall, anywhere from November, through early spring, which is about March. Impacts from the flu vary from year to year.

You can delay the effects of the flu virus by doing the following things:

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the proper disposal after you use it.
- Wash your hands often with soap and water. You can also use a hand sanitizer.
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Avoid contact with people who are ill with the flu.
- Stay home if you are sick. Limit contact with others to keep from infecting them.

People at high risk are:

- Young children, pregnant women, people with chronic health conditions like asthma, diabetes or heart and lung disease and people 65 years and older.

Symptoms of the flu may be a fever, coughing, sore throat, runny or stuffy nose, headaches, body aches, chills and fatigue.

According to information on the flu.gov website, the H1N1 flu virus is expected to circulate again this flu season along with other seasonal flu viruses. For the 2010-2011 flu season, the flu vaccine includes protection against the 2009 H1N1 pandemic virus and 2 other flu viruses.

To learn more about the flu visit the following web sites and get information on-line:

<http://www.flu.gov> or <http://www.cdc.gov> or <http://www.panflu.gov>

Health care facilities have daily flu clinic hours except on holidays. You can call your local hospital for an appointment or they will direct you to the walk-in clinic. Get your Flu shot today.

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