

LIVINGSTON COUNTY
DEPARTMENT OF HEALTH

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"Commitment to Leading The Community for a Healthier and Safer Tomorrow"

NEWS RELEASE

For Immediate Release

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Livingston County Department of Health Continues to Respond to the Flu

Governor Andrew M. Cuomo is requesting local health departments in New York State to expand efforts to help New Yorkers still needing a flu shot. Every year the Livingston County Department of Health implements measures before and during flu season to prevent or lessen the risk of flu among county residents. In response to Governor Cuomo's request, the Department has enhanced its response system regarding the flu as cases continue to increase throughout the county and nationwide.

"The Department of Health is working with local partners to increase access and convenience to flu vaccination for residents", stated Jennifer Rodriguez, Public Health Director. Information regarding the flu and flu vaccine sites are located on the LCDOH's website at www.livingstoncounty.us/doh.htm. In addition, the Department continues surveillance regarding flu and other communicable disease which is crucial for monitoring the health status of the population, detecting diseases and triggering action to prevent further illness, and to contain public health problems.

The Livingston County Department of Health surveyed physician offices, pharmacies, SUNY Geneseo, and UR Medicine | Noyes Health to see which flu vaccine and how much of each are available. Pharmacies were also asked about Tamiflu availability. "There is plenty of flu vaccine among healthcare providers, pharmacies and Livingston County Department of Health. It's not too late to get your flu shot", stated Ms. Rodriguez.

Many have voiced concerns that the current flu vaccine is only 10% effective. "This is not true. This statistic refers only to the vaccine's effectiveness against one strain, Influenza A(H3N2). The vaccination is definitely more effective against other strains of influenza. In fact, the overall effectiveness of the Australian influenza vaccination was 33%", stated Dr. Arnold H. Matlin, Medical Consultant of the Livingston County Department of Health.

Local pharmacies have adequate supply of Tamiflu for those who are diagnosed with the flu. Please contact your healthcare provider if you have flu symptoms which include fever, chills, headache, sore throat, dry cough, and body aches. Stomach symptoms such as vomiting and diarrhea are more common among children than adults.

In addition to being vaccinated, some other ways to help prevent the flu include:

- **Avoid close contact with people who are sick, and avoid going near people when you yourself are sick.**
- **Stay home from work, school and public gatherings when you are sick.**
- **Cover your mouth and nose with a tissue when coughing or sneezing.**
- **Wash your hands often. Keeping your hands clean can help stop the spread of germs.**
- **Avoid touching your eyes, nose or mouth because this is how germs are spread**

By following these tips, you can protect yourself and your family from the flu. For more information or questions regarding flu please call the Livingston County Department of Health at 243-7299 or visit our website at www.livingstoncounty.us/doh.htm.

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