

The DPH Bulletin – Special flu edition

From the Delaware Division of Public Health

September 2019

DPH schedules statewide flu clinics

Leon Mosley received his flu shot on his Honda Ruckus motorbike at DPH's 2018 drive-thru flu clinic. Photo by Donna Sharp.



The Division of Public Health (DPH) is again offering **FREE** flu vaccines (preservative-free, quadrivalent standard dose) at its statewide flu clinics. Its two largest flu clinics will be held rain or shine, for anyone aged 9 years and up, on these dates:

◆ New Castle County: October 4, 2019, 10:00 a.m. to 2:30 p.m. outside of the Porter State Service Center, 509 W. 8th St., Wilmington, DE 19801. Staff speaking Spanish, French, and Yoruba will be on site, in addition to American Sign Language (ASL) interpreters. A block-party style atmosphere will allow attendees to enjoy music and fun, and accentuate the diversity of the community.

◆ Kent County: October 8, 2019, 7:00 a.m. to 6:00 p.m. (or until vaccines run out) in front of the Delaware Department of Transportation's Administrative Building, 800 S. Bay Road, Dover, DE 19901. Any size vehicles and any number of people in one vehicle are welcome. Staff speaking Spanish, French, and Haitian Creole will be on site in addition to ASL interpreters.

Attendees should wear short sleeves or loose fitting clothing for access to the upper arm. Leave pets at home. Pedestrians are welcome.

View the schedule for additional DPH flu clinics at flu.delaware.gov or call 1-800-282-8672.

**Find flu clinics in your ZIP code:
www.flu.gov**

Get a flu vaccine every year

Delaware typically sees its first flu case of the season in October. To avoid getting the flu, DPH recommends that Delawareans 6 months of age and older get an annual flu shot. Young children, adults 65 and older, those with underlying medical conditions, and those with access and functional needs should get their flu vaccinations by the end of October.

Delawareans should first seek a flu vaccine from their primary care provider, pharmacy, or grocery store. Uninsured people, those whose insurance does not cover the flu vaccine, and those without primary care providers may be vaccinated at DPH clinics. Clinics accept donations, Medicaid, or Medicare Part B.

Getting vaccinated can reduce flu illnesses, doctors' visits, and missing important family, school, or work events. For more information on the flu, visit flu.delaware.gov.

Do your part to prevent the flu!

- ◆ Get a flu vaccine every year.
- ◆ Wash hands often with soap and water for 20 seconds. Or, use hand sanitizer with 60% alcohol.
- ◆ Avoid touching your eyes, nose, or mouth.
- ◆ Stay six feet away from others who are coughing or sneezing.
- ◆ Cover your nose and mouth with a tissue when coughing or sneezing, or cough or sneeze into your inner elbow.
- ◆ Get enough sleep and exercise, manage stress, and consume healthy foods and fluids.
- ◆ If sick with flu-like illness, stay home from work, school, and other gatherings. Do not return until you are free of fever (100 degrees Fahrenheit, or 37.8 degrees Celsius, without the use of fever-reducing medications, for at least 24 hours. If flu symptoms worsen, call your doctor.



DELAWARE HEALTH AND SOCIAL SERVICES
Division of Public Health