

# The DPH Bulletin – Special flu edition

From the Delaware Division of Public Health

September 2022

## It's time to get your 2022 flu vaccine

The 2022-23 influenza season begins October 3, 2022. The Division of Public Health (DPH) reminds Delawareans 6 months of age and older to get their annual flu vaccine for protection against flu illness, hospitalization, and death. Being vaccinated protects you and those at risk of flu complications.

Those at higher risk of becoming ill from the flu should closely manage their health. Individuals at higher risk are children younger than 5 years old (especially children younger than 2 years), adults 65 years and older, pregnant people, and those with chronic underlying medical conditions. Chronic conditions include asthma, Chronic Obstructive Pulmonary Disease and other lung diseases, heart disease, diabetes, neurologic conditions, blood disorders, obesity, and weakened immune systems.

DPH urges flu vaccinations for those who live or work with infants under 6 months of age and those who live or work in congregant settings such as long-term care and correctional facilities.

For more information about flu, visit [flu.delaware.gov](http://flu.delaware.gov) and [cdc.gov/flu](http://cdc.gov/flu), or call 1-800-282-8672. [Click here](#) for the difference between cold and flu.

## Tips to prevent flu

- Get your flu vaccine every year.
- Avoid close contact with sick people.
- Cover coughs and sneezes with a tissue, or cough or sneeze into your inner elbow.
- Wash hands often with soap and water for 20 seconds or use hand sanitizer.
- Do not touch your eyes, nose, and mouth.
- Clean and disinfect frequently touched surfaces.
- If sick with flu-like illness, stay home for 24 hours until fever-free (temperature less than 100 degrees Fahrenheit) without fever-reducing medication. If symptoms worsen, call your doctor.



DELAWARE HEALTH AND SOCIAL SERVICES  
Division of Public Health

## Preliminary 2021-2022 U.S. Flu Season Burden Estimates, October 1, 2021 through June 11, 2022, as of June 17, 2022

8,000,000 – 13,000,000  
flu illnesses



3,700,000 – 6,100,000  
flu medical visits



82,000 – 170,000  
flu hospitalizations



5,000 – 14,000  
flu deaths



Source: CDC, [www.cdc.gov/flu/about/burden](http://www.cdc.gov/flu/about/burden)

## Stay well to help our health care system

Delawareans who are vaccinated against the flu reduce the burden of flu illness on health care providers, emergency departments, and hospitals. They avoid unnecessary sick visits to providers, trips to the emergency department, and hospitalizations due to flu. Providers can concentrate on assisting the sick and keeping healthy individuals well. Hospitals beds can be for those needing them most.

## Seek flu vaccine at numerous places

Flu vaccines are available to the public from health care provider offices, pharmacies (including grocery store pharmacies), DPH clinics, health centers, urgent care clinics, and community vaccination events. Many employers and schools offer the flu vaccine on site. Visit [flu.delaware.gov](http://flu.delaware.gov) for locations.

The flu vaccine is free to most Delawareans, even if you do not have insurance. Individuals without insurance or covered by Medicaid or Medicare may receive vaccines for flu and COVID-19 at Public Health clinics and community vaccination events. Flu vaccines may be given at the same time as other vaccines, including the COVID-19 and monkeypox vaccines. Discuss concerns with your health care provider.

For more information about flu vaccines in Delaware, visit [flu.delaware.gov](http://flu.delaware.gov) or call 1-800-282-8672.

### Flu Vaccine Finder



Visit the CDC at  
[www.vaccines.gov/](http://www.vaccines.gov/)

The Centers for Disease Control and Prevention now recommend that adults 65 years and older get higher dose or adjuvanted flu vaccines over standard-dose unadjuvanted flu vaccines. Visit <https://www.cdc.gov/flu/highrisk/65over.htm>.