

# The DPH Bulletin – Special flu edition

From the Delaware Division of Public Health

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## Flu season is here; get vaccinated

The best way to prepare for the 2021-22 flu season is for all Delawareans 6 months of age and older to get their annual flu vaccine, preferably before winter begins. When large numbers of the population get flu vaccinations, they protect vulnerable individuals from flu illness, hospitalization and death. That keeps people from overwhelming emergency departments and hospitals with flu illness.

Vaccination is especially important for people at higher risk of developing serious flu complications, such as those with chronic respiratory conditions, blood disorders, diabetes, heart disease, neurologic conditions, obesity, and weakened immune systems. Delawareans with chronic health conditions should closely manage their health to avoid unnecessary medical visits and hospitalizations during flu season.



Children younger than 5 years old, older adults, pregnant women, and those who have chronic underlying medical conditions are most at risk from flu complications and are strongly encouraged to get vaccinated now. The Division

of Public Health (DPH) also urges vaccination for those who live or work with infants under 6 months of age, as well as those who live or work in congregant settings such as long-term care and correctional facilities.

“The flu vaccine is the strongest defense when it comes to keeping yourself and family members safe and preventing severe illness, hospitalization, and possibly death,” said DPH Director Dr. Karyl Rattay.

For more information, visit [flu.delaware.gov](http://flu.delaware.gov) and [cdc.gov/flu](http://cdc.gov/flu), or call 1-800-282-8672.

## Find flu vaccine in many places such as DPH’s COVID-19 vaccination sites

Flu vaccines are available to the public from pharmacies, participating medical providers, DPH clinics, and Federally Qualified Health Centers.

Individuals without insurance or those on Medicaid or Medicare may receive vaccines for flu and COVID-19 at Public Health clinics. In addition, flu and COVID-19 vaccines are available for all Delawareans, regardless of insurance status, at DPH’s community-based COVID-19 vaccination events. A list of DPH’s community-based vaccination locations can be found at [de.gov/getmyvaccine](http://de.gov/getmyvaccine).

Updated guidance from the CDC allows those who have not yet received a COVID-19 vaccination to get both the flu vaccine and the COVID-19 vaccine during the same visit, and even in the same arm!

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

## More ways to prevent flu

- 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 the fever is gone without use of fever-reducing medication. If symptoms worsen, call your doctor.

