



## Jefferson County PUBLIC HEALTH SERVICE

Public Health Facility, 531 Meade Street, Watertown, New York 13601

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### MEDIA RELEASE

For Immediate Release

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## The Jefferson County Public Health Service Responds to the New York State Influenza Emergency

**Watertown, NY, January 15, 2012** ~ The Jefferson County Public Health Service (JCPHS) has taken a proactive approach to help protect the public during the influenza emergency declared by Governor Andrew M. Cuomo on Saturday, January 12, 2013.

New York State and Jefferson County are experiencing significant impact from influenza this season. As of 1/11/13, 685 cases of influenza have been laboratory confirmed in Jefferson County while all of New York State has had 19,128 cases. In Jefferson County, 39 individuals have been hospitalized with influenza, compared to 2,884 people statewide. Two pediatric deaths from influenza have occurred elsewhere in New York; there have been no pediatric deaths in Jefferson County.

Influenza A is the most common flu reported. The Influenza A circulating remains a good match to the 2012-2013 vaccine available. Vaccination remains the key to preventing the spread of flu to your family, friends, and coworkers. The JCPHS urges everyone 6 months of age and older to receive influenza vaccination. It is not too late to be vaccinated. Flu season can last until May. Millions of people have received flu vaccines for more than 50 years with an excellent safety record. People who are vaccinated and still get the flu may have less severe symptoms and a quicker recovery than those who have not been vaccinated. For locations of where to receive a vaccination go to [www.jcphs.org](http://www.jcphs.org) and click on the vaccine finder link and enter your zip code to find vaccine near you.

Governor Andrew M. Cuomo has also issued an Executive Order permitting pharmacists to administer influenza vaccinations to patients between six months and 18 years of age which is in effect through February 11, 2013. The JCPHS has conducted an assessment of area pharmacies and pediatric offices. Some pharmacies report ability to vaccinate children. Most pediatricians have supplies of influenza vaccine to provide to children. If individuals have difficulty obtaining a vaccination, the JCPHS can direct the public to a provider or pharmacy that is able to provide vaccine. Call 786-3720 for more information.

The JCPHS has 60 doses of Vaccine for Children (VFC) influenza vaccine for children 6 months through 18 years of age who do not have insurance coverage for influenza vaccination. The walk-in immunization clinic is held every Wednesday from 12:30 p.m. - 3:30 p.m. at the Public Health Facility, 531 Meade Street, Watertown, NY.

Prevention educational materials have been supplied to area chambers of commerce, businesses, agencies, and schools. These materials include common sense recommendations and precautions to prevent exposure to influenza, including:

- **Stay home when ill with influenza-like illness: fever greater than 100°F accompanied by any one of the following - sore throat, runny nose/nasal congestion, or cough.**
- Children should not return to school until at least 24 hours after they no longer have a fever (100 degrees Fahrenheit or 37.8 degrees Celsius, measured by mouth) or signs of a fever (chills, feeling very warm, flushed appearance, or sweating) without the use of fever-reducing medicine.
- Individuals with underlying medical problems who are experiencing flu-like illness should call their health care provider immediately for further guidance.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- Cover your nose and mouth with a tissue when you cough, sneeze, or spit. Throw tissue in the trash after you use it. When you cough or sneeze and you have no tissues, sneeze into the inside fold of your elbow.
- Avoid touching your eyes, nose or mouth. Germs spread that way.
- Avoid close contact with sick people.
- Clean items frequently touched by others, such as phones, doorknobs, faucet handles, etc...
- In addition – try to stay in good general health – get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious foods.

For information on how to prevent influenza in your home, please visit [www.flu.gov](http://www.flu.gov) or [www.jcphs.org](http://www.jcphs.org).

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