



PLEASE NOTICE!!

The Nasty Flu Bug has already invaded the Poarch Community and the surrounding areas. The Medical providers at the Poarch Creek Indians Health Department's Ambulatory Clinic have already identified several patients who have tested positive for the Flu.

How Can You Protect Your Family?

The following are some simple steps that you can take to help keep yourself, your child and your entire family healthy this flu season:

***Get vaccinated.** According to the centers for Disease Control and Prevention (CDC), influenza vaccination is safe and effective and is the single best way to help protect yourself and your family from the flu each year.

***Wash your hands.** Frequent hand washing keeps lots of germs out of our bodies. If soap and water are not available, use a hand sanitizer.

***Stay home if you don't feel well.** Should you become infected, keep the germs from spreading by staying home-and don't forget to take care of yourself!

***Do the elbow cough.** Cough into elbows, not hands where it's more likely to spread bacteria and viruses through touch.

Remember:

*It is impossible for the Flu vaccine to give you the flu because it is not a live vaccine.

*The side effects of the Flu vaccine are very mild (and nothing compared to having the flu).

*It takes 2 weeks for the flu vaccine to take effect so get it as soon as possible.

*We have plenty of Flu vaccine available in the Health Department for patients 6 months old and over.

Please call the Poarch Health Department at 251-368-9136 to schedule your Flu Shot.