

## UCHD – Flu Vaccine Status

**Monday – Oct. 25, 2004** the UCHD.

At this time, no public clinics have been scheduled because of the vaccine shortage.

Ulster County Health Dept. is working with NYSDOH to survey vaccine supplies within our County.

Should Flu vaccine become available, a decision will be made at that time.

Continue to check with your primary care provider to see if Flu vaccine becomes available through their office.

Whether or not you have received the Flu vaccine, here are some suggestions on prevention:

1. Avoid close contact with people who are sick;
2. Cover your mouth and nose when you cough;
3. Wash you hands frequently;
4. Stay home from work and school if you have symptoms of a cold or the flu;
5. Avoid touching your eyes, nose, or mouth.

Other good habits, such as getting plenty of sleep, managing stress, drinking water and eating good food will help you stay healthy.

For further information you can access the New York State Department of Health Website at [www.health.state.ny.us](http://www.health.state.ny.us)

Continue to check this page or the **Ulster County Health Department Flu hotline at 340-3093** for current status.

If you need further information, please call 340-3090.