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MARTIN COUNTY HEALTH DEPARTMENT

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GIVE THANKS, NOT GERMS THIS HOLIDAY

The Martin County Health Department urges residents to have a healthy holiday

As we prepare for the Thanksgiving Day holiday, the Martin County Health Department is reminding residents to enjoy their holiday but, leave germs at home.

“Share your holiday joy, but not your sickness.” advises Health Department Administrator Mark Chittum, “Enjoy your Thanksgiving gatherings, continue to practice flu prevention measures and definitely stay home if you’re not feeling well.” The flu can spread easily as people gather together in close quarters, sharing holiday cheer.

Here are some tips to prevent the spread of the flu:

1. Get vaccinated for seasonal and H1N1 flu as soon as the vaccine is available to you.
2. Cover your cough and sneeze.
3. Wash your hands often.
4. Stay home when you are sick.
5. Don't share eating utensils or drinking glasses.

H1N1 Update:

H1N1 is considered widespread in Martin County. The H1N1 vaccine is now available at many doctor's offices and urgent care facilities in town. In a series of public clinics, the Health Department has dispensed approximately 4000 doses of the vaccine to persons in the priority groups.

“We are so grateful to our community partners for their support in helping to provide the vaccine to residents.” said Nancy Kermes, Emergency Preparedness Coordinator for the Martin County Health Department. “Groups like the Medical Reserve Corps, students from Indian River State College and the City of Stuart Fire Rescue Department have really stepped up to support the cause.”

H1N1 Vaccination Clinic:

The next H1N1 vaccination clinic is scheduled for **December 2 & 3 at Indiantown Middle School** from **5:00 pm – 8:00 pm**, for persons requiring a **second dose of the vaccine as well as those in the priority groups**. More information is available at www.MartinCountyHealth.com

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