

News Release

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Mills County Public Health Ready for Flu Season

Preparations include vaccination plans

Mills County public health officials say they are ready for the coming flu season. “We are working closely with the Iowa Department of Public Health (IDPH),” said Sheri Bowen, Agency Administrator. “On the local level, we are coordinating with schools and businesses to keep residents healthy and minimize the potential impact of the flu.”

There are many things Mills County residents can do to protect themselves, their families, and their communities from the seasonal and H1N1 influenza virus. The Mills County Public Health Administrator says residents should receive the seasonal influenza vaccine now and, if appropriate, get the H1N1 vaccine when it is expected to become available by mid-October. Additionally, it’s important to remember the three Cs:

- Cover your coughs and sneezes with a tissue or your elbow.
- Clean your hands with soap and water or hand sanitizer.
- Contain germs by staying home when ill.

A statewide toll-free hotline has been established for public questions about seasonal and H1N1 influenza at 1-800-447-1985. More information can also be found at www.idph.state.ia.us.

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