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Milwaukee Celebrates National Influenza Vaccination Week ***Get your flu shot and a free fleece jacket!***

The U.S. Centers for Disease Control and Prevention (CDC) have designated November 27 to December 3 as National Influenza Vaccination Week. This week-long event is being held to raise awareness as to the importance of continuing influenza vaccination efforts into December and January.

In addition, the City of Milwaukee Health Department continues to give away free blue fleece jackets to children who get up-to-date on their immunizations. Free weekly walk-in immunization clinics are scheduled at the Southside Health Center, Northwest Health Center and the Keenan Health Center.

"Vaccination is the best way for people to protect themselves and their loved ones from getting the flu," said Commissioner of Health Bevan K. Baker. Flu season in Wisconsin usually begins in November and runs through March. Flu typically peaks in late January or early February. It's not too late to be vaccinated in December and even into January.

Influenza is a contagious respiratory disease caused by a virus. Influenza symptoms can come on quickly and include: fever, headache, dry cough, sore throat, nasal congestion and body aches.

Ways to stay healthy and to protect yourself and those around you from getting the flu:

- Wash your hands often with soap and water, or use an alcohol-based waterless hand sanitizer.
- Cover your cough or sneeze with your upper sleeve. If you use a tissue, throw it away after one use.
- Use your own drinking cups and straws.
- Avoid being exposed to people who are sick with flu-like symptoms.
- Stay home when you are sick.
- Eat nutritious meals, get plenty of rest and do not smoke.
- Frequently clean commonly touched surfaces such as door knobs, refrigerator handles, telephones, or water faucets.

For information on the nearest City of Milwaukee Health Center call 414-286-3521 or visit our website at www.milwaukee.gov/health

If you think you have the flu, stay home, get rest, drink plenty of liquids and avoid using alcohol and tobacco. If your symptoms persist, contact your doctor. To learn more about influenza, visit <http://dhfs.wisconsin.gov/communicable/influenza/index.htm>

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