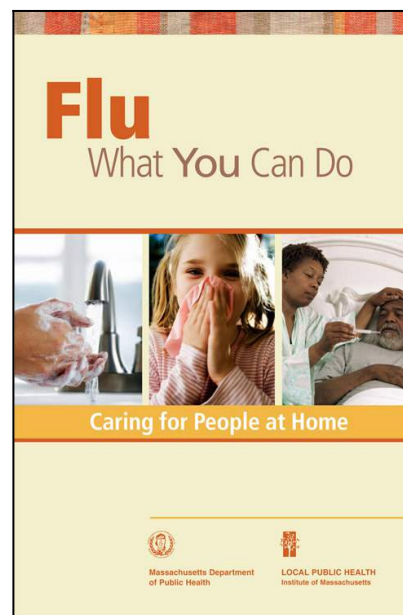


# New Bedford Health Department Encourages Residents to Get Seasonal Flu Vaccine



*Mayor Mitchell to Receive Flu Vaccine, Nurses to Provide Information on How to Protect Loved Ones From Catching the Flu and How to Care for the Sick*

New Bedford Health Department Public Health Nurses are ready to field questions and provide information related to the seasonal flu in Massachusetts. Nurses are encouraging residents who have not yet received a flu shot to contact their primary care physician or use a local pharmacy to get vaccinated. The single best way to prevent the flu is to get a flu shot each year. The Massachusetts Department of Public Health recommends the flu vaccine for everyone 6 months of age and older.

Mayor Jon Mitchell will receive the seasonal flu vaccine tomorrow, Thursday, October 30, 2014 at 2:00 P.M. at the New Bedford Health Department (1213 Purchase Street, New Bedford–1st Floor). Public Health Nurses will also be on hand to provide information on how the public can protect itself from the flu.

There are simple steps that everyone can take to prevent the spread of flu. Wash your hands often with soap and warm water. Cover your cough or sneeze with a tissue or your elbow, not your hands. If you're sick with the flu, stay home from school or work. Rest and stay hydrated.

For more information on how to care for people who are sick with the flu review, *Flu: What You Can Do*, a free informational brochure from the Massachusetts Department of Public Health. Or, contact the New Bedford Health Department Nurses at (508) 991-6199.

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