

FLU FACTS: *What you need to know*



This year there is widespread flu Influenza A across Massachusetts and the United States. There is also an increase in morbidity from the Flu. Reported influenza illness continues to rise. There could be several more weeks to go before we see the end of the flu season. It's never too late to be vaccinated. Remember your best protection is an annual flu vaccination. Protect yourself by:

- Getting Vaccinated
- Cover your mouth when you sneeze or cough
- Wash your hands often with soap and water or hand gel
- Stay home if you are sick to prevent spreading to others

The Sudbury Board of Health still has flu shots available. Please call the Health Department at 978-440-5477 for an appointment to get vaccinated today. For more information about the Flu please refer to <https://www.mass.gov/service-details/flu-information-for-the-general-public>

The Sudbury Board of Health is committed to keeping the town healthy during flu season. Please stop by one of our Town Flu Information sites to receive your free key chain hand sanitizer and Flu Information Booklet. Locations are: Goodnow Library, Sudbury Senior Center and Flynn Building.

Phyllis Schilp BSN, RN Board of Health Nurse
Sudbury Health Department
schilpp@sudbury.ma.us
978-440-5477

