

**FOR IMMEDIATE RELEASE  
CONTACT:**

**COUNTY EXECUTIVE CURRAN AND HEALTH  
COMMISSIONER EISENSTEIN URGE RESIDENTS TO GET  
VACCINATED AGAINST THE FLU**

*Governor Cuomo has declared this flu season a public health emergency*

**MINEOLA, NY** – Nassau County Executive Laura Curran and Health Commissioner Dr. Lawrence Eisenstein today urged all residents 6 months of age and older to get vaccinated against influenza. In the last four days, 430 new cases of the flu were diagnosed.

In order to provide additional locations for people to get vaccinated Nassau will be providing free flu shots in three locations across the county.

“We want to thank Governor Cuomo for making the decision to declare a public health emergency,” said Nassau County Executive Laura Curran. “The declaration will provide funding for the county and allow additional locations for flu vaccinations. Nassau County will take all measures to protect health by assuring that all residents have access to the flu vaccine.”

Nassau County Department of Health will be providing free flu shots on the following dates:

- **Saturday, February 10<sup>th</sup>**  
**11 a.m. to 2 p.m. at**  
**Nassau County Department of Health**  
**200 County Seat Drive, Mineola**  
**Visitor’s North Entrance**
- **Tuesday, February 13<sup>th</sup>**  
**5 p.m. to 7:30 p.m.**  
**Nassau County Department of Health WIC Office**  
**160 N. Franklin Street**  
**Hempstead**
- **Thursday, February 15<sup>th</sup>**  
**7:30 a.m. to 10 a.m.**  
**Yes We Can Community Center**  
**141 Garden Street, Westbury**

“Even though the effectiveness of the flu vaccine can vary from year to year, vaccinated individuals who contract the illness will usually have a milder course and are less likely to be hospitalized or die from flu-related complications,” said Dr. Eisenstein. “Getting vaccinated is the single best way for people to protect not only themselves, but those around them, including

people at high risk for serious complications, like babies, pregnant women, older adults and those with certain chronic medical conditions.”

In addition to getting an annual flu shot, it’s important to take everyday preventative actions to stop the spread of germs:

- While sick, limit contact with others. If sick with flu-like illness, the CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or other necessities. (Your fever should be gone for 24 hours without the use of fever-reducing medicine.)
- Cover your nose and mouth with a tissue when you cough and sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose and mouth. Germs spread this way.
- Clean and disinfect surfaces and objects that may be contaminated with germs like the flu.

For additional information about these free flu vaccination clinics, please call the Nassau County Department of Health at (516) 227-9697. Further information is available by visiting the Nassau County Department of Health website at [www.nassaucountyny.gov/health](http://www.nassaucountyny.gov/health)

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