



## **News for Immediate Release**

**Jan. 18, 2013**

### **Free Flu Shots to be Offered at Tioga County State Health Center**

All Pennsylvanians Urged to Get Immunized Against the Flu

**Wellsboro** – The Pennsylvania Department of Health is offering free flu shots, by appointment, at the Tioga County State Health Center at 44 Plaza Lane in Wellsboro from 3-7 p.m. on Friday, Jan. 25. Please call 570-724-2911 to make an appointment.

This year's seasonal influenza vaccine contains coverage against three strains of flu and is well matched with what is circulating in Pennsylvania. One of the best ways to protect against the flu is to get immunized.

Individuals who have had a reaction to a flu shot in the past, are allergic to eggs, or have a history of Guillian-Barre Syndrome will be advised to see their healthcare provider. Those under the age of 18 must be accompanied by a guardian.

Health officials encourage individuals to take the following steps to help prevent the spread of influenza and other respiratory illnesses:

- Cover your mouth and nose with a tissue when you cough or sneeze, and immediately discard the used tissue. If you don't have a tissue, sneeze or cough into your sleeve, but never into your hands or onto bare skin.
- Wash your hands frequently with soap and water or use an alcohol-based hand sanitizer.
- Keep your hands away from your face and do not touch your mouth, nose and eyes.
- Keep frequently used surfaces such as knobs, countertops and desks clean.
- Stay home from work or school whenever you are sick to avoid infecting others. For the flu, stay home until at least 24 hours after you are fever-free without the use of fever-reducing medications.

For more information about influenza, visit [www.flufreepa.com](http://www.flufreepa.com) or call 1-877-PA-HEALTH.

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