



STEVEN M. NEUHAUS
COUNTY EXECUTIVE

DR. IRINA GELMAN, DPM, MPH, PhD
COMMISSIONER

COUNTY OF ORANGE
DEPARTMENT OF HEALTH
OFFICE OF THE COMMISSIONER

July 23, 2019

Dear Parents/Guardians:

The Orange County Department of Health and the Orange County Medical Society want you to be aware that Influenza (flu) season is on its way. Flu is a serious contagious respiratory illness that can be mild to severe, and can sometimes lead to death. Some people are considered to be at high risk of developing serious flu-related complications including young children, pregnant women, people with chronic health conditions such as asthma, diabetes, heart disease, lung disease, and people 65 years of age and older. The Centers for Disease Control and Prevention (CDC) recommends that everyone six months of age and older without contraindications receive seasonal flu vaccine. Vaccination is the best protection.

We would also like to take this opportunity to emphasize everyday preventive actions to help you stay healthy and avoid spreading germs.

- Wash your hands often with soap and warm water for 20 seconds
- If you are sick, stay home from school or work and limit contact with others
- Remain home until fever free for 24 hours without the use of fever-reducing medication
- Cover your nose and mouth with a tissue when you cough or sneeze
- Avoid touching your eyes, nose and mouth
- Clean and disinfect surfaces and objects that may be contaminated with germs

We strongly encourage you to speak with your physician or health care provider regarding flu vaccination for you and your family. We urge you to be vaccinated before flu begins spreading in our communities.

Sincerely,

Dr. Irina Gelman, DPM, MPH, PhD
Commissioner of Health

Mark Stamm, MD
President
Orange County Medical Society