

To all Nisqually Tribal Members and Tribal Community,

You have probably heard on the news that influenza rates are picking up. More and more folks are experiencing cough, fever, chills and aches. The flu is expected to spread, causing more cases of illness during January and February. With that in mind, I would like to share important health information with you.

How can you keep yourself and your family healthy?

- Please get your flu vaccine if you haven't already. This is the #1 defense against illness. Even when the vaccine only offers partial protection, it still helps keep people from getting severe illness and landing in the hospital.
- Wash your hands with soap and water or use hand sanitizer often.

What to do if you do get ill?

- Stay home so you don't spread germs to others around you. You can spread a lot of germs the first days of illness and should not come to work if you think you might be infectious.
- Stay home until your temperature stays under 100.3 for 24 hours without taking any fever reducing medicine.
- Cover your mouth and nose with a tissue or your sleeve when you cough/sneeze.
- Seek medical attention if you have a fever over 100.3 and cough. Medication may help you recover more quickly and reduce the spread of germs to others.

For more information please follow this link to a very helpful flier from the CDC:

http://www.cdc.gov/flu/pdf/freeresources/updated/everyday_preventive.pdf

Feel free to contact the Nisqually Tribal Health Clinic at 360-459-5312 for more information. We welcome all eligible patients to call and schedule a time to come by for your flu vaccine.

Sincerely,
Addie Spencer, MD