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COUNTY EXECUTIVE

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COMMISSIONER

**COUNTY OF ORANGE**  
DEPARTMENT OF HEALTH  
OFFICE OF THE COMMISSIONER

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Dear Parents:

The Orange County Department of Health and the Orange County Medical Society want you to be aware that the flu season will again be on its way. Routine annual influenza vaccination is recommended for **all persons 6 months of age or older who do not have contraindications**. Vaccination **optimally should be administered before onset of influenza activity in the community**. Please contact your pediatrician or family physician.

Flu shots are also recommended for pregnant women to protect them and their unborn child; please discuss with your OB/GYN doctor. The oldest and youngest, as well as children and adults with underlying medical conditions such as **asthma or diabetes, and other medical conditions** are particularly at risk for complications from the flu, so vaccination is the best protective, prevention measure.

This is a good time to **emphasize good hand washing and hygiene practices** with all of your family to help prevent the spread of colds and flu. Covering your cough is an important prevention strategy. Cover your mouth and nose with a tissue when you cough or sneeze. Stay home when you are sick.

Yours truly,

Eli N. Avila, MD, JD, MPH  
Commissioner of Health

Mark Stamm, MD  
President  
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