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## Residents Urged to Get a Flu Shot

### *City of Milwaukee Health Department offers free seasonal flu shots for public at campaign kick-off*



Nearly 60 students were treated to a one-hour educational show filled with tips to stay healthy as the City of Milwaukee Health Department partnered with Neighborhood House of Milwaukee and Radio Disney to promote flu vaccination and good hygiene practices among school-aged children. The event, which also provided free flu shots to the public, was part of the annual city-wide influenza awareness campaign launch.

“There’s something you can do,” Commissioner Baker told the youth. “You can help prevent flu from spreading in your home or at school by getting a flu shot.”

“Also, remember to wash your hands often during the day to stop flu and other germs from spreading to others, cover your nose and mouth when you cough or sneeze and stay at home when you’re sick,” he said.

The CDC says an estimated 160-165 million doses of vaccine will be available during the 2010-2011 influenza season. This year’s flu vaccine will also protect against the H1N1 virus that caused illness last season. In addition, the agency says that early reports show that the vaccine is a good match for the emerging strain this year.

Each year, influenza causes more than 200,000 hospitalizations and thousands of deaths in the United States, mostly in people older than 65. Children under 5 years of age account for 20,000 flu-related hospitalizations and those who are 2-4 years of age are more likely to be taken to a doctor, an emergency room, or an urgent care center because of the flu and related complications. School-aged children are primary flu spreaders.

“Getting a flu shot is the best way to keep yourself and your loved ones safe from this serious illness,” said Milwaukee Mayor Tom Barrett.

“I urge all residents to make sure that you and everyone you care about gets a seasonal flu shot now,” he said. “By getting your flu shot, you’ll reduce your risk of getting sick this winter and you’ll be less likely to spread disease to others.”