



TOHONO O'ODHAM NATION HEALTH CARE

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Public Health Alert

This is a public health alert from Tohono O'odham Health Care and the Department of Health and Human Services:

Influenza, also known as flu, has hit early this year and we already have many cases here on the Tohono O'odham Nation. Flu affects all of us, but especially impacts our children and elders with fever, body aches, chills, and weakness. Some people have even had to be hospitalized. The CDC recommends that everyone older than 6 months receives a flu shot. You can protect yourself and your community when you get a flu shot.

Remember to wash your hands often; cover your cough; take prescribed medications; and stay home when you are sick.

The Department of Health and Human Services and Tohono O'odham Nation Health Care will be holding upcoming free flu shot clinics throughout the Nation. Fight the flu, protection starts with you!