



DEPARTMENT OF HEALTH

Jean M. Hudson, M.D., M.P.H.

Commissioner of Health

124 Main Street
Goshen, New York 10924

Commissioner/Administration (845) 291-2332

Fax (845) 291-2341

www.orangecountygov.com

Edward A Diana

County Executive

July 15, 2011

Dear Parents:

The Orange County Department of Health and the Orange County Medical Society want you to be aware that the flu season is again on its way. This year **the recommendation is for all children from 6 months to 18 years to receive flu vaccination or FluMist** (unless there is a contraindication). Please contact your pediatrician or family physician.

Flu shots are also recommended for pregnant women to protect not only themselves, but their unborn child; please discuss with your Ob/Gyn doctor. The oldest and youngest in our population are most at risk for the flu, not only should they get a flu shot, but also anyone who spends time with them.

Children with underlying medical conditions e.g. **asthma, diabetes** are particularly at risk for complications from flu and should get the shot every year.

This is also a good time of year to **emphasize good hand washing and hygiene practices** with all of your family to help prevent the spread of colds and flu.

Yours truly,

Jean M. Hudson, M.D., M.P.H.
Commissioner of Health

Ahmad Masood, M.D.
President
Orange County Medical Society