

The Virgin Islands Consortium

Dept. Of Health, Citing Flu Outbreak In U.S., Urges V.I. Residents To Take Preventive Action

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The Department of Health announced on Tuesday that due to an increase in flu cases on the U.S. mainland, it is encouraging residents to wash their hands regularly, disinfect surfaces, sneeze and cough into sleeves, stay hydrated and get rest.

There have been growing reports of flu cases in the territory. D.O.H. is asking residents who experience flu-like symptoms to speak with their physicians about getting an antiviral medication such as Tamiflu. The antiviral should be taken within two days of flu symptoms, according to the department. "If you do get the flu we urge you to refrain from going to work and to keep your children home from school," D.O.H. said.

D.O.H., however, is recommending that residents get a flu shot, which the department says can protect from the seasonal illness altogether. Everyone 6 months of age and older should get a flu vaccine every season, D.O.H. said. Getting a flu vaccine is particularly important for people who are at higher risk of developing flu-related complications, such as pregnant women, young children, older adults and people with certain chronic diseases, including asthma.

Flu shots will be given at the following locations and times throughout the islands:

St. Croix:

- Monday thru Friday at Sunny Isle Medical Center Suite # 8A, 9:30 a.m.-3:00 p.m. (closed 1:00 p.m.-2:00 p.m.)

St. Thomas:

- Wednesdays and Thursdays @ Schneider Hospital from 8:30 a.m.-12:30 p.m.
- Wednesday, January 24th: Smith Bay Ball Field from 9:30 a.m.-12:00 p.m. and UVI field 1:00 p.m. -3:30 p.m.
- Thursday, January 25th: Mobile van will be at the WICO dock (Gate 2) in conjunction with the Maternal Child Health's (MCH) Baby Shower; 9:30 a.m.-3:30 p.m.
- There will be an evening clinic from 5:00 p.m.-9:00 p.m. at Community Health Clinic (SRMC)

St. John: 1st Thursday of every month @ The Morris DeCastro Clinic, 9:00am-4:00pm