



# Town of Darien

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Director of Health

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## Health Department

For your convenience, make an appointment for your flu shot with the Darien Health Department by using the on-line scheduler at [www.darienhealth.com](http://www.darienhealth.com).

Flu shots **FOR INDIVIDUALS OVER 18 YEARS OLD ONLY!** are available by appointment in Darien on the following days:

- Thursday, January 25, from 10 AM to 3:00 PM
- Tuesday, January 30, from 10 AM to 2:30 PM
- Wednesday, January 31, from 10 AM to 3:00 PM

Open clinics **FOR ALL AGES** will be available in Norwalk and Stamford as follows:

- Thursday, January 25, Norwalk Health Department, 3:00 to 6:00 PM
- Saturday, January 27, Stamford Government Center, 9:00 AM to 1:00 PM

Remember, **STAY HOME** if:

- you or a family member has a temperature of 100.4 degrees F, or higher,
- feeling unwell and appear to be sick, even in the absence of fever,
- there is diarrhea, and until diarrhea -free for 24 hours,
- vomiting, and until a minimum of 24 hours after vomiting ends,
- there is a severe cough that cannot be controlled/covered, or copious thick green/yellow mucous from the nose,
- diagnosed with Strep Throat and it has not been at least 24 hours since the first dose of antibiotics,
- diagnosed with influenza and still symptomatic while on Tamiflu.
- Until fever-free (temperature 100.3 degrees F or lower) for 24 hours **without** receiving fever-reducing medication such as Acetaminophen (Tylenol) or Ibuprofen (Advil, Motrin)

Further:

- The best way to stop the spread of germs that cause disease is to wash hands frequently, especially after sneezing or coughing.
- Cover your cough and avoid anyone with a cold or stomach bug symptoms.
- Use disinfectants or bleach to sanitize phones, keyboards, doorknobs and common areas/items to minimize the spread of germs and viruses at home.
- Replace toothbrushes after recovering from an illness.
- Always seek the advice of your health care provider when you are concerned about your or your family's health.