



**For Immediate Release**  
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**“Over 30,000 Hispanics are affected by the flu every year according to CDC data”**

The New America Media held an ethnic media roundtable on November 18, 2008 to present to the minority communities the CDC 2008 Influenza Campaign. The flu is a contagious respiratory illness caused by influenza viruses. It can cause mild to severe illness and at times death.

Every year in the United States an average of 36,000 people die and more than 200,000 (30,000 are Hispanics) are hospitalized from serious flu-related complications according to CDC data. The 9<sup>th</sup> leading cause of death among Hispanics in 2007 was the influenza. Within the Hispanic community the biggest concern has been Latinos 65 and older and their caretakers, since the elderly are more likely to have complications from the flu.

The CDC notes that the best way to prevent the flu is by getting a flu vaccination each year by either doing the shot or the nasal spray vaccine. The CDC aims every year to have 85% of the American population vaccinated. The flu vaccination begins in September and its availability continues through the influenza season, into December, January, etc. It is encouraged that children ages 6 months-19 years of age get vaccinated as well as those who are caretakers or work with children. Also pregnant women, people 50 years of age and older (their caretakers), people with certain chronic medical conditions, and those who work or care for those at high risk for flu complications like health care workers and providers.

“The impact of influenza can affect a family’s health and very often their financial well-being. This can greatly prevented simply by getting a flu shot. Cuídese y cuide a su familia vacunándose. Take care of yourself and your family by getting vaccinated” says Alma Morales Riojas, President and CEO of MANA.

For more information on where to get the flu shot the CDC has created a website where you can look up by location what places have the vaccine available for little or no cost. They have a partnership with the National Alliance for Hispanic Health who can provide more information in Spanish through their *Su Familia* help line. You can visit [www.flucliniclocator.org](http://www.flucliniclocator.org) or call toll free 1-866-783-2645.

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**About MANA:** MANA, A National Latina Organization, is a nonprofit advocacy organization headquartered in Washington, DC. With chapters across the country, it is the oldest national Latina membership organization in the United States. MANA, whose mission is to empower Latinas through leadership development, community service and advocacy, envisions a national community of informed Latina activists working to improve the quality of life for all Hispanics. MANA also has the only national Latina mentoring program for girls 11-18, *HERMANITAS*®, which brings over 100 girls each year to a Washington, DC, Latina leadership institute that includes educational activities at the White House, on Capitol Hill, and at the Pentagon.