

DATE: March 2, 2017 **END DATE:** March 30, 2017

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RE: Widespread Influenza Activity – Flu Season

In Genesee County there has been a significant increase in influenza (flu) cases and influenza-like illnesses. Influenza is a viral respiratory illness that can cause fever, cough, chills, headache, fatigue, muscle ache, runny nose, and sore throat. Symptoms typically last 2 to 7 days. Not everyone with the flu will have a fever. Influenza is not the same as the “stomach flu,” a gastrointestinal illness causing severe nausea, vomiting, and diarrhea that typically lasts 1 to 2 days.

The flu virus spreads when an infected person coughs or sneezes, generating moisture droplets that contain the flu virus into the air. People can become infected with the flu virus by breathing air or touching surfaces contaminated with these droplets.

Protect yourself and loved ones by taking preventative actions against the flu. Genesee County Health Department recommends the following.

1. Get vaccinated. It is not too late. Influenza vaccine is widely available, including at the Genesee County Health Department.
2. As a general rule, stay home when sick. Remain home until fever-free for at least 24 hours without using fever reducing medication.
3. Wash hands often with soap and warm running water for at least 20 seconds.
4. Cover nose and mouth with a tissue when coughing or sneezing.
5. Do not touch eyes, nose or mouth. That’s how germs enter the body.
6. Routinely clean surfaces. The flu virus can “live” on some surfaces for up to 24 hours.

Most people recover from the flu at home without medical assistance. If flu symptoms persist or are severe, consult your family physician.

Emergency Warnings In Adults:

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Not drinking enough fluids or not urinating
- Confusion
- Severe or persistent vomiting

Emergency Warnings Signs In Children and Infants:

- Fast breathing or trouble breathing
- Bluish skin color
- Not drinking enough fluids or not urinating
- Not waking up or not interacting
- Being so irritable that the child does not want to be held
- Flu-like symptoms improve, but then return with fever and a worse cough
- Fever with a rash

The Genesee County Health Department wants you to stay healthy this flu season. Visit our website at www.gchd.us or call 810.237.4569 or 810.237.4540 to make your flu immunization appointment.

Genesee County Health Department. Your Health. Our Work.

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