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**FOR IMMEDIATE RELEASE**

**FLU ACTIVITY ON THE RISE IN MIAMI COUNTY**

**TROY, OHIO (JANUARY 2, 2018)** Flu activity is on the rise in Miami County and in surrounding counties.

Symptoms of influenza can include fever, cough, sore throat, body aches, headache, chills and fatigue. Although most people fully recover from the flu, some experience severe illness like pneumonia and respiratory failure, and the flu can sometimes be fatal. People who think that they may have the flu and are pregnant, have an underlying medical condition, or who are extremely ill should contact their healthcare provider immediately.

If you are sick, some effective ways to help prevent the spreading of flu include:

- ) Stay home and avoid contact with people for *at least 24 hours* after your fever subsides without the use of fever-reducing medicine.
- ) Restrict visitations at the hospital
- ) Cover your mouth and nose with a tissue when coughing or sneezing
- ) Wash your hands often or use hand sanitizer if soap and water are not available
- ) Take flu antiviral drugs if your doctor recommends them

While vaccination provides the greatest protection against the flu, other effective ways to avoid contracting it include:

- ) Avoid close contact with people who are sick
- ) Wash your hands often or use hand sanitizer if soap and water are not available
- ) Avoid touching your eyes, nose and mouth – germs are usually spread when a person touches something contaminated and then touches their eyes, nose, or mouth
- ) Practice other good health habits. - Disinfect frequently touched surfaces at home, work or school, especially when someone is ill. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

The best way to stay health this flu season is to get a flu vaccination. It is still not too late to get a seasonal flu shot. MCPH offers flu vaccinations for all ages over 6 months. Flu clinic hours at MCPH are as follows:





- ) FOR ADULTS - Monday through Friday 8am - 3pm
- ) FOR CHILDREN - Tuesdays 8am - 11am and 1pm - 3pm, Thursdays 8am - 11am.
- ) MCPH also offers an evening clinic for flu vaccinations the first Thursday of each month 4pm to 6:30pm.

The cost for flu shots ranges from \$17.00 to \$63.00. Medicare, Medicaid and most insurances accepted.

For more information, call MCPH at (937) 537-3518, or visit our website at [www.miamicountyhealth.net](http://www.miamicountyhealth.net)

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