



Jefferson County PUBLIC HEALTH SERVICE

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MEDIA RELEASE

For Immediate Release

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Jefferson County Has Increasing Numbers of Influenza Illness

Watertown, NY, November 28, 2012 ~ The Jefferson County Public Health Service (JCPHS) is reporting **301** confirmed cases of influenza in Jefferson County since October 17, 2012. The last influenza season that ran from October 2011 through May 2012 had the first case reported to the JCPHS on March 5, 2012. With only 57 cases of influenza confirmed for the entire last season.

The JCPHS is continuing to urge everyone 6 months of age and older to receive a yearly influenza vaccination as soon as possible. Influenza vaccinations are available at area pharmacies and many provider offices. It is not too late to be vaccinated.

December 2-8 is National Influenza Vaccination Week. Do your part in helping ensure everyone is protected against the flu. Once vaccinated, you can enjoy this holiday season knowing that you have taken the single best step to protect yourself and your loved ones against the flu. The flu vaccine takes about two weeks after vaccination for the antibodies to provide protection against influenza virus infection. Until then, you are still at risk for getting the flu.

Influenza is easily spread through contact with others. The JCPHS strongly advises the public to take common sense precautions to prevent exposure to influenza, including:

- Children should not return to school until at least 24 hours after they no longer have a fever (100 degrees Fahrenheit or 37.8 degrees Celsius, measured by mouth) or signs of a fever (chills, feeling very warm, flushed appearance, or sweating) without the use of fever-reducing medicine.
- Stay home when ill with influenza-like illness: fever greater than 100°F accompanied by any one of the following - sore throat, runny nose/nasal congestion, or cough.
- Individuals with underlying medical problems who are experiencing flu-like illness should call their health care provider immediately for further guidance.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- Cover your nose and mouth with a tissue when you cough, sneeze, or spit. Throw tissue in the trash after you use it. When you cough or sneeze and you have no tissues, sneeze into the inside fold of your elbow.
- Avoid touching your eyes, nose or mouth. Germs spread that way.
- Avoid close contact with sick people.
- In addition – try to stay in good general health – get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious foods.

CDC recommends that everyone 6 months of age and older get a seasonal flu vaccine. Children aged 6 months through 8 years of age who have never received a seasonal flu vaccine need to get two doses of vaccine spaced at least 4 weeks apart. This season, other children in this age group may need two doses as well. The flu is more dangerous than the common cold for children. Each year, many children get sick with seasonal influenza.

- Children commonly need medical care because of influenza, especially before they turn 5 years old.
- Severe influenza complications are most common in children younger than 2 years old. **The best way to protect children younger than 6 months is to make sure members of their household and their caregivers are vaccinated.**
- Children with chronic health problems like asthma, diabetes and disorders of the brain or nervous system are at especially high risk of developing serious flu complications.
- Each year an average of 20,000 children in the US under the age of 5 are hospitalized because of influenza complications.

Other groups of people are at "high risk" of serious complications from seasonal influenza. These include people 65 years and older, pregnant women, and people of any age with certain chronic medical conditions.

For more information concerning influenza visit www.flu.gov or www.jcphs.org.

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