



Public Health
Prevent. Promote. Protect.

JO DAVIESS COUNTY HEALTH DEPARTMENT

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Increased Flu Illness Seen in the County

3/5/2019

Flu illness is increasing in Jo Daviess County. Several local Clinics and Schools have reported lab confirmed cases of Influenza. Flu-like symptoms include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. Some people, especially children, may have vomiting and diarrhea. People may also be infected with flu and have respiratory symptoms without a fever.

Flu vaccination can reduce flu illnesses, doctors' visits, and missed work and school due to flu, as well as prevent flu-related hospitalizations. Flu vaccination also has been shown to significantly reduce a child's risk of dying from influenza. Also, there are data to suggest that even if someone gets sick after vaccination, their illness may be milder. For the 2018-2019 flu season, CDC recommends annual influenza vaccination for everyone 6 months and older with any licensed, age-appropriate flu vaccine. The Health Department currently has a limited amount of flu vaccine available. Please call for an appointment @ 815-777-0263 or see your family physician.

Prevent spread of flu illness

Try to avoid close contact with sick people. While sick, limit contact with others as much as possible to keep from infecting them. If you are sick with flu-like illness, CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone for 24 hours without the use of a fever-reducing medicine.)

Cover your nose and mouth with a tissue when you cough or sneeze. After using a tissue, throw it in the trash and wash your hands. Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub. Avoid touching your eyes, nose and mouth. Germs spread this way. Clean and disinfect surfaces and objects that may be contaminated with germs like flu.

See your doctor quickly and take antiviral drugs

Studies show that flu antiviral drugs work best for treatment when they are started within 48 hours of getting sick, but starting them later can still be helpful, especially if the sick person has a high-risk health condition or is very sick from flu. Antiviral drugs can make illness milder and shorten the time you are sick. They may also prevent serious flu complications. For people with high-risk factors, treatment with an antiviral drug can mean the difference between having a milder illness versus a very serious illness that could result in a hospital stay. If you have not yet received your flu shot, please get one soon.

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