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FOR IMMEDIATE RELEASE
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Prevent and Protect Against Seasonal Influenza (the Flu): Stay Home When Sick!

Brown County, WI. Brown County Public Health, De Pere Health Department, and Oneida Nation Community Health are reminding people that they can take steps now to stop the spread of influenza, and one of the biggest steps they can take is **Stay Home When Sick!**

Influenza activity has been increasing. So far influenza A (H3N2) viruses have been the most common flu viruses circulating this season. H3N2 predominant flu seasons have been associated with more severe illness, especially among children and adults age 65 and older.

Symptoms of influenza are similar to cold symptoms, but come on more swiftly and are more pronounced. Symptoms can include cough, sore throat, muscle aches, headache, chills, feelings of extreme tiredness, and fever. It should be noted that not everyone with the flu will experience fever.

Other effective ways to avoid getting or spreading the flu include:

- Get a flu shot. It is not too late to get a flu shot this season.

- Wash your hands often with soap and water, or use an alcohol-based hand sanitizer.

- Cover your cough or sneeze with your upper sleeve, and try to avoid touching your face with your hand. If you use a tissue, throw it away after one use.

- Never share drinking cups, straws, or utensils.

- Frequently clean commonly touched surfaces such as doorknobs, refrigerator handles, phones, and faucets.

- When possible, avoid being exposed to people who are sick with flu-like symptoms.

- Eat nutritious meals, get plenty of rest, and do not smoke.

If you have been exposed to someone with influenza, or who are experiencing symptoms of influenza, consult with your health care provider immediately to determine if antiviral drugs may be helpful. Treatment with antiviral medications can sometimes lessen the effects of influenza, if treatment is started within 48 hours of the onset of symptoms. Antibiotics are not effective against influenza.

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