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SEASONAL INFLUENZA (FLU) AWARENESS URGED



Contact:

Noelda Lopez, Public Information Specialist

Noelda.Lopez@flhealth.gov

Office: 352-589-6424, After Hours: 352-728-7662

Eustis, FL – The Florida Department of Health in Lake County (DOH-Lake) officials urge residents and visitors to take precautions to help limit their risk of exposure to seasonal flu. The flu is an infection of the respiratory system caused by the influenza virus. Compared with most other viral respiratory infections, such as the common cold, influenza infection often causes a more severe illness

“The most effective precautions we can take to fight flu are getting vaccinated and by practicing good hygiene habits like washing hands,” said Aaron Kissler, DOH-Lake Administrator. “These simple precautions may lessen your risk of exposure to the virus or transmission to others.”

Be sure to watch for symptoms of the flu, such as headache, fever, a severe cough, runny nose or body aches. Contact your health care provider or a local hospital immediately if symptoms appear.

DOH-Lake urges the following preventive steps for the flu:

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it. If you do not have a tissue, cough and sneeze into the bend of the elbow to reduce spreading of germs.
- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand sanitizer.
- Avoid touching your eyes, nose and mouth. You can contract the virus this way.
- Try to avoid close contact with sick people.
- If you are sick with flu-like illness, stay home for at least 24 hours after your fever is gone, without the use of fever-reducing medicine, except to get medical care or for other necessities.
- Get re-vaccinated EVERY YEAR because strains of flu viruses change each year.

To locate flu vaccine, contact your healthcare provider or visit

<http://www.floridahealth.gov/programs-and-services/prevention/flu-prevention/locate-a-flu->

[shot.html](#) or visit the Florida Department of Health in Lake County website at <http://lake.floridahealth.gov/index.html>.

About the Florida Department of Health

The department works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts.

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