



Public Health
Prevent. Promote. Protect.

Lincoln County
Communicable Disease & Immunizations

Oregon Health Authority Influenza update from December 2, 2016

Data from Flu Bites indicate that influenza activity is on the rise in Oregon: this week 1.5% of emergency department visits in the state were for influenza-like illnesses (ILI), and 10.8% of flu tests performed were positive. Influenza affects all ages, so it is important that everyone strives to prevent the spread of illness!

Common signs and symptoms of flu:

- Fever or feeling feverish/chills
- Cough
- Sore throat
- Muscle or body aches
- Headaches
- Fatigue (very tired)
- Some people may have vomiting and diarrhea, but this is more common in kids than adults

To limit illness and death from influenza, the Oregon Health Authority encourages folks to:

1. Get vaccinated. The single best way to prevent seasonal flu is to get vaccinated each year. So far this year the flu vaccine is a good match to the circulating flu strains. It is not too late to get vaccinated!
2. Stay home when you are sick. If possible, stay home from work, school, and errands when you are sick. This will help prevent spreading your illness to others. Avoid close contact with people who are sick.
3. Cover your mouth and nose. Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick. Cover your cough posters available at <http://www.cdc.gov/flu/protect/covercough.htm>
4. Clean your hands. Washing your hands often will help protect you from germs. If soap and water are not available, use an alcohol-based hand rub.
5. If necessary, seek medical care. In most cases people with flu have mild illness and do not need medical care or treatment. Groups at higher risk of complications due to flu include young children, pregnant women, the elderly, and those with conditions like asthma, diabetes, cancer, or heart disease.
6. Practice other good health habits. Clean and 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.
7. Report outbreaks of ILI to the local health department. Long-term care facilities, hospitals, schools, and other institutions are encouraged to report outbreaks of ILI (defined as fever plus cough or sore throat) to the local health department. Local health departments can assist to implement infection control measures rapidly, to limit the spread of infection.

Remember: During influenza season, you or your family may be asked to respect influenza control measures when seeking health care or visiting a long-term care facility. Examples include visitation restrictions (including restrictions for children), wearing a mask, handwashing or using hand sanitizer.

To report outbreaks or for more questions, please contact your [local health department](#) or the state: [971-673-1111](tel:971-673-1111)
ILI outbreak guidance for long-term care facilities in Oregon (see Step 7):
<http://public.health.oregon.gov/DiseasesConditions/CommunicableDisease/Outbreaks/Pages/respdisease.aspx>