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In cooperation with Missouri
Dept. of Health & Senior Services

MEDIA RELEASE

Influenza Update

Locally the Texas County Health Department is monitoring influenza activity weekly. As of April 17, 2016 there have been 50 positive cases. Fourteen on those were this past week. Here is a break down on ages:

<u>Influenza A</u>		<u>Influenza B</u>	
Age 0-1	3	Age 0-1	0
Age 2-4	3	Age 2-4	4
Age 5-14	2	Age 5-14	3
Age 15-24	5	Age 15-24	3
Age 25-49	7	Age 25-49	7
Age 50-64	2	Age 50-64	3
<u>Age > 64</u>	<u>5</u>	<u>Age > 64</u>	<u>3</u>
<i>Totals</i>	27		23

According to the Missouri Department of Health and Senior Services Missouri is reporting regional activity which means there are outbreaks of flu in at least two but less than half the regions of the state

Here are some ways to protect your family, yourself, and the community:

1) Protect your family—

- get your family vaccinated against seasonal flu,
- establish healthy practices of hand washing and not sharing personal items,

- stockpile food and medication in case you need to voluntarily isolate or quarantine yourself and your family,
- make arrangements for child care if schools close, and
- talk to your employer about flexible work schedules.

2) Protect yourself—

- get a seasonal flu shot,
- wash your hands,
- keep a distance of at least 6 feet from people who are sick, and
- choose a healthy lifestyle to build your immune system, including
 - ✓ get adequate sleep,
 - ✓ reduce stress,
 - ✓ stop smoking and using tobacco products,
 - ✓ stay physically active,
 - ✓ choose nutritious foods, and
 - ✓ drink plenty of water.

3) Protect our community—

- stay home if you are sick,
- keep kids home when they have a fever (for at least 24 hours after their fever goes away without the use of medications),
- cover your cough,
- wash your hands, and
- don't share personal items.