



Public Health
Prevent. Promote. Protect.
Preble County

PREBLE COUNTY PUBLIC HEALTH

615 HILLCREST DRIVE

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www.preblecountyhealth.org

Facebook: [facebook.com/PrebleCoHealth](https://www.facebook.com/PrebleCoHealth) ♦ Twitter: [@PrebleCoHealth](https://twitter.com/PrebleCoHealth)

To: Preble County Schools, Students and Parents

From: Preble County Public Health

Date: January 31, 2018

RE: Flu Prevention

Preble County is experiencing widespread flu activity with an increase in the number of residents hospitalized due to the flu.

What is flu?

The flu (also known as influenza) is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and lungs. Flu is different from a cold, and usually comes on suddenly. Each year flu viruses cause millions of illnesses, hundreds of thousands of hospital stays and thousands or tens of thousands of deaths in the United States.

Flu is spread person to person through droplets made when people with flu cough, sneeze, or talk. Flu viruses also spread when people touch an object or surface with flu virus on it (like doorknobs, countertops, etc) and then touch their mouth, eyes, or nose. People infected with flu may be able to infect others beginning **1 day** before symptoms develop and up to **5-7 days** after becoming sick. That means you may be able to spread the flu to someone else before you know you are sick, as well as while you are sick.

Signs & Symptoms of Flu

People who have the flu may have some or all of these signs and symptoms that usually start suddenly, not gradually:

- Fever or feeling feverish/chills
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue (very tired)
- Vomiting and diarrhea, though this is more common in young children than adults

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Ways to Prevent Flu

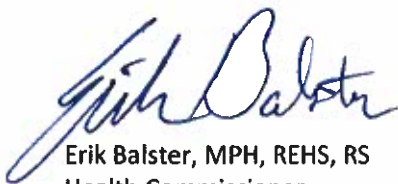
- **The best way to prevent the flu is by getting a flu vaccine every year. It is not too late to get vaccinated this year.**
 - Contact your doctor or Preble County Public Health to get your flu shot
- If you or your child get sick, stay home for at least 24 hours after the fever is gone, except to get medical care.
 - The fever should be gone without the use of a fever reducing medicine.
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- 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.

Flu Complications

Most people who get flu will recover in a few days or less than two weeks, but some people will develop complications as a result of the flu, some of which can be life-threatening and result in death. Even healthy children can get very sick from flu. If your child is experiencing the following emergency warning signs you should go to the emergency room:

- Fast breathing or trouble breathing & bluish or gray skin color
- Not drinking enough fluids (not going to the bathroom or not making as much urine as they normally do)
- Severe or persistent vomiting
- Not waking up or not interacting
- Being so irritable that the child does not want to be held
- Flu symptoms improve, but then return with fever and worse cough
- Fever with rash

For more information on the flu, please visit our website at www.preblecountyhealth.org and follow us on Facebook at www.facebook.com/preblecohealth and on Twitter at [@preblecohealth](https://twitter.com/preblecohealth).



Erik Balster, MPH, REHS, RS
Health Commissioner

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