

PRESS RELEASE

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For Immediate Release

CENTRAL RACINE COUNTY HEALTH DEPARTMENT URGES RESIDENTS TO TAKE PRECAUTIONS DURING FLU SEASON

During the annual flu season, Central Racine County Health Department is urging everyone to take steps to protect themselves and their families.

“There are very simple and practical things everyone can do to decrease their chance of catching the seasonal flu virus,” says Margaret Gesner, Health Officer.

The flu vaccine is safe and effective and you cannot get the flu from the flu vaccine. The flu vaccine is recommended for:

- individuals 6 months of age and older
- people with chronic health conditions
- health care workers
- caregivers of infants and children
- household contacts and caregivers of people at risk of developing complications due to influenza
- pregnant women (protects baby before birth and up to 6 months after delivery)
- students and teachers

There are other things you can do to avoid getting the flu. Health officials remind you to wash your hands often to prevent the spread of the flu. Be sure to wash your hands with soap for at least 20 seconds, several times a day. It is especially important to wash your hands before eating and after using the rest room. Simple things, like getting the flu vaccine and practicing good health habits such as eating right, getting enough rest, and not smoking will help you avoid getting sick during the flu season.

It is important to clean and disinfect commonly-touched surfaces such as countertops, door handles, and tables with household disinfectants. If you are sick, stay home and avoid close contact with others.

“Every year thousands of people in the U.S. die from the flu, usually from complications such as pneumonia,” says Margaret Gesner, Health Officer. “Racine County residents should take the virus seriously and take these measures to prevent infection.”

For more information, including where to get a flu shot, go to <https://vaccinefinder.org/>, contact your local health department, or visit <https://www.dhs.wisconsin.gov/influenza/index.htm>.

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