

**NEWS RELEASE**

**February 12, 2008**

**MASON COUNTY COMMISSIONERS**

**411 NORTH 5<sup>TH</sup> ST**

**SHELTON, WA 98584**

**(360) 427-9670 EXT. 419**

**TO: KMAS, KRXY, SHELTON-MASON COUNTY JOURNAL**

**RE: INFLUENZA IS HERE! Get Your Flu Shot!**

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Influenza has arrived in the area, with some area schools reporting high absenteeism rates and hospitals reporting an increased number of patients presenting with flu-like illness.

Symptoms include sudden onset of fever, body aches, headaches, followed by a cough. Typically the illness comes on suddenly, and the worst of it lasts for 3 - 4 days, followed by a slow recovery. During recovery, the reappearance of fever may be a sign of secondary pneumonia. Young children may have some diarrhea but vomiting is not typically seen. Make sure you keep well hydrated.

If you have flu-like illness: wash your hands, cover your cough and stay home while you are sick. Contact your health care provider for advice.

We strongly recommend influenza vaccination for health care workers, household contacts and persons caring for persons at high risk or who have children under the age of 6 months. Influenza is a vaccine preventable disease that is caused by the Influenza A or B virus. Majority of the circulating influenza viruses circulating this year matches the viruses used to prepare the 2007-2008 influenza vaccine. One of the viruses is closely related but not an identical match. I

It is not too late to get your influenza vaccine. Persons with chronic heart and lung conditions, who are pregnant or immune compromised, and children under the age of two are at high risk of complications from influenza.

Let's work together for a safer and healthier Mason County.

For additional information and to make an appointment to receive vaccine, contact Mason County Public Health at 360-427-9670, Ext. 400.

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