



Hancock Public Health

Your Recognized Leader in Population Health

Karim Baroudi, MPH, Health Commissioner

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Robin Spoons

Nathaniel Ratnasamy, MD – Medical Director

February 2, 2018

LOCAL INFLUENZA UPDATE – HANCOCK COUNTY

Per the Centers for Disease Control and Prevention (CDC), influenza activity continues to **increase**. All U.S. states but Hawaii continue to report widespread flu activity. Indicators used to track influenza-like illness (ILI) activity are now higher than what was seen during the peak of the 2014-2015 season. Flu activity is likely to continue for several more weeks.

Blanchard Valley Health System and Hancock Public Health want to share local data and information about influenza.

We have had 673 confirmed influenza cases through Blanchard Valley Health System (hospitals, urgent care, emergency departments and provider offices), with 54 of these hospitalized.

What can you do to protect yourself?

- Flu shots: the CDC continues to recommend influenza vaccination for all persons 6 months of age and older as flu viruses are likely to continue circulating for weeks
- Wash your hands: hand hygiene is very important in preventing the spread of all infections, including influenza
- Respiratory etiquette: cover your cough or sneeze; cough or sneeze into our elbow or sleeve
- Social distancing: if you are sick, stay home – do not go to work/school/public gatherings
- Get rest and stay hydrated by drinking water

People who have the flu often feel some or all of these symptoms:

- Fever or feeling feverish/chills
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue (tiredness)



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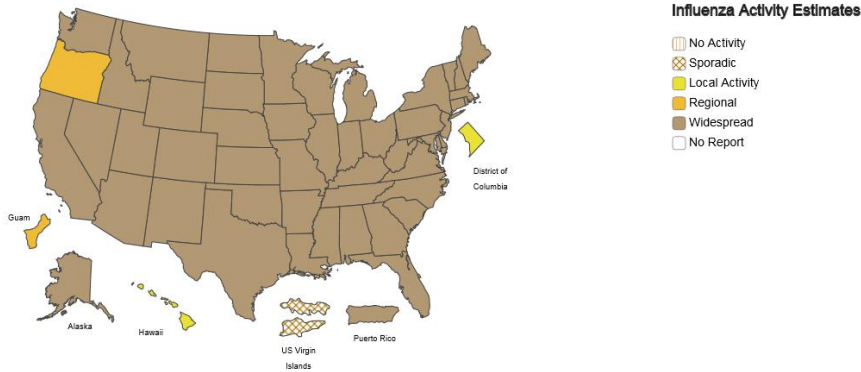
The chart below shows the geographic spread of influenza.



A Weekly Influenza Surveillance Report Prepared by the Influenza Division

Weekly Influenza Activity Estimates Reported by State and Territorial Epidemiologists*

Week Ending Jan 27, 2018 - Week 4



*This map indicates geographic spread and does not measure the severity of influenza activity.

