



Public Health Administration

Danette York, M.P.H., Director
Andy Miller, M.D., Health Officer

202 Mira Loma Drive
Oroville, California 95965

T: 530.552.4000
F: 530.538.2164

buttecounty.net/publichealth

FOR IMMEDIATE RELEASE
January 24, 2020

***INCREASED FLU ACTIVITY REPORTED IN BUTTE COUNTY.
VACCINES ARE STILL BENEFICIAL***

BUTTE COUNTY, Calif. – Butte County Public Health (BCPH) continues to receive reports of increased flu activity throughout the County and urges residents to help prevent spreading the flu. Flu activity in Butte County is high and expected to remain high in the next several weeks. People who haven't received their annual flu vaccine are advised to get one. This year's flu vaccines are still beneficial since vaccination reduces your risk of illness, hospitalization, and death.

In addition to getting an annual flu shot, to prevent getting and spreading the flu and other respiratory illnesses, you should also:

- Stay home when you are sick and limit contact with others
- Cover your cough and sneezes by using the inside corner of your elbow
- Wash your hands often with soap and warm water
- Avoid touching your eyes, nose and mouth
- Keep sick children home from school according to the school's sick child policy (typically for 24 hours after your child no longer has symptoms, especially a fever).

Residents can get the annual flu vaccine from their healthcare provider or local pharmacy. To locate a flu shot clinic near you, visit: www.vaccinefinder.org

Flu vaccination is recommended for everyone six months of age or older, but is particularly important for those at higher risk of severe influenza, including pregnant women, children under five years of age, older adults, and people with certain underlying medical conditions such as diabetes, obesity, asthma, and heart disease. Vaccination of pregnant women also helps to protect infants too young to be vaccinated.

Those who have flu like symptoms should contact their health care provider right away. Symptoms include fever, cough, sore throat, runny or stuffy nose, muscle or body aches, headaches and fatigue. **If you are sick, stay home from work or school until your illness is over.**

For more information about the flu, visit: www.buttecounty.net/flu

###