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## FIRE DEPARTMENT WARNS RESIDENTS TO TAKE PRECAUTIONS AGAINST INCREASING INFLUENZA ACTIVITY

**Glendale, Ariz.** — By the time the holiday season ends in Arizona, the Influenza (flu) season is well underway. The 2014-2015 flu season is no exception. The Centers for Disease Control and Prevention (CDC) reported widespread activity overall, with an increasing number of cases in Arizona over the past two weeks. The Arizona Department of Health Services (ADHS) categorized activity as “Regional” last week, when an estimated 600 cases were reported by laboratories.

The flu is a contagious respiratory illness spread mainly by droplets made when people cough, sneeze, or talk. It can cause mild to severe illness, and can sometimes even lead to death. Symptoms include fever, cough, sore throat, headache, fatigue, muscle aches, vomiting, and/or diarrhea. People at high risk of serious flu complications include young children, pregnant women, people with chronic health conditions like asthma, diabetes or heart and lung disease and people 65 years and older.

Seasonal influenza A H3N2 viruses have been the most common this year, which can cause more severe flu-like illnesses. There has been some concern about the effectiveness of the flu vaccine; however, vaccination will protect against some strains of the virus and can lessen the impact symptoms of the flu.

Here are some safety tips from the Glendale Fire Department to help keep you and those around you healthy:

- CDC recommends a yearly seasonal flu vaccine as the first and most important step in protecting against seasonal flu. ***It is not too late to get vaccinated.***
- Cover your nose and mouth with a tissue when you cough or sneeze.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- Try to avoid close contact with sick people.
- If you are sick with flu-like illness, CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone without the use of a fever-reducing medicine.)
- If you are at high risk for serious flu complications and develop symptoms, the CDC recommends you check with your doctor or other health care professional promptly. Treatments, such as antiviral drugs, work best when they are started within 48 hours of the onset of symptoms.

Detailed Flu information and handouts can be found at the following websites:

- Maricopa County Flu information: [www.stopthespreadaz.org](http://www.stopthespreadaz.org)
- CDC Flu information: <http://www.cdc.gov/flu>
- U.S. Health and Human Services information: <http://www.flu.gov/>

For further information or if you have any questions, contact Jannine Wilmoth, Emergency Management Coordinator, 623-872-5008.

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