

**BROWN COUNTY
HEALTH AND
HUMAN SERVICES**

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**ONEIDA
COMMUNITY
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**FOR IMMEDIATE RELEASE
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Prevent and Protect Against Seasonal Influenza (the Flu)

Brown County, WI. Brown County Public Health, De Pere Health Department, and Oneida Nation Community Health Services, are reminding the public that flu vaccinations are the single best way to protect yourself, your family, and your community against the flu each year.

Seasonal Influenza is a respiratory illness. Symptoms of influenza illness include fever, headache, non-productive cough, sore throat, runny nose, and feeling very tired. Other complications could include pneumonia, ear infections, and sinus infections. Flu is a serious contagious disease that can lead to hospitalizations and even death, especially in those with underlying medical conditions such as asthma or heart disease.

The flu vaccine is safe and effective for people 6 months and older. It is recommended that people 6 months and older get the flu vaccine. Contact your physician's office, local public health department, and/or pharmacy for information on how to get your flu vaccine this season.

Health officials also encourage people who feel they may be getting the flu to contact their health care provider to determine if an anti-viral medication is appropriate. Anti-viral medication is most effective if taken within 48 hours of the first signs of symptoms.

In addition to the vaccine, there are some steps we can all take to avoid illness:

- Wash your hands often with soap and water, or use an alcohol-base hand sanitizer.
- Cover your cough or sneeze with your upper sleeve, and try to avoid touching your face with your hands. If you use a tissue, throw it away after one use.
- Use your own eating utensils, drinking cups, and straws.
- Avoid being exposed to people who are sick with flu-like symptoms.
- Eat nutritious meals, get plenty of rest, and do not smoke.
- Frequently clean commonly touched surfaces (e.g., doorknobs, refrigerator handles, telephones, faucets).
- If you are sick: Stay home, get rest, drink plenty of liquids, and avoid using alcohol and tobacco.

Attached please find the flu clinic schedules for Brown County Public Health, De Pere Health Department, and Oneida Community Health Services

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