

HEALTH ALERT

*Office of Developmental Programs
Office of the Medical Director*

February 2, 2009

INFLUENZA

The Pennsylvania Department of Health (DOH) has identified local activity for influenza within the state of Pennsylvania. Positive tests have been obtained in various regions of the state. Flu is not at its peak yet, however and there may be more cases identified in the next couple of months. Flu season peaks vary and can be as late as March. The vaccine in use this year is a good match for the strains of flu that are being seen. Therefore it should be protective for flu.

What should you do?

- Get a flu shot if you haven't yet. There is still time for it to work.
- Prevention of flu includes good hygiene.
 - Wash your hands well.
 - Avoid people with respiratory illness.
 - Avoid touching your face with your hands.
 - Eat a balanced diet.
 - Get enough sleep.
- If you are experiencing flu symptoms, contact your health care provider. What are the symptoms of flu?
 - Fever
 - Headache
 - Tiredness (can be extreme)
 - Dry cough
 - Sore throat
 - Nasal congestion
 - Body aches

Where can you get a flu shot?

- Call your health care practitioner.
- Check with your local pharmacist to see if they are giving flu shots.
- Call your local health department. If you don't know where your health department is, then look on the web at <http://www.dsf.health.state.pa.us/health/cwp/view.asp?a=178&q=235462> or call **1-877 PA HEALTH.**