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****FOR IMMEDIATE RELEASE****

TO: LOCAL MEDIA SOURCES

FROM: JOEL R. STRASZ, HEALTH DIRECTOR

DATE: MARCH 23, 2016

RE: RISE IN INFLUENZA A CASES

Reports of Influenza A are on the rise; however, the majority of reported cases **did not** receive an annual flu vaccine. The rise in the flu is usual for this time of year as we are still in the flu season. Protect yourself and your family, if you have not gotten the flu vaccine you are urged to do so, it's not too late. If you do become sick with the flu please stay home.

In addition to getting your flu vaccine, remember to take the following everyday precautions:

- Try to avoid close contact with sick people.
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- [Wash your hands](#) often with soap and water. If soap and water are not available, use an [alcohol-based hand rub](#).
- Avoid touching your eyes, nose and mouth. Germs spread this way.
- Clean and disinfect surfaces and objects that may be contaminated with germs like the flu.

If you do become sick with the flu, please stay home and limit your contact with others as much as possible.

For more information you can visit our website at www.baycounty-mi.gov/health or call [989-895-4003](tel:989-895-4003). To schedule your flu vaccination appointment call the Immunization Department at 989-895-4009

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