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February 23, 2018

Health Department Reports Elevated Flu Activity

The Toledo-Lucas County Health Department is experiencing elevated flu-related hospitalizations within the community. Lucas County has 538 confirmed Influenza-associated hospitalizations since October 2017. In order to protect yourself from the flu, please take the following steps:

- Try to avoid close contact with sick people.
- While sick, limit contact with others as much as possible to keep from infecting them.
- If you are sick with flu-like illness, 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 for 24 hours without the use of a fever-reducing medicine.)
- 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.

"Everyone older than six months of age, and able to be vaccinated, should get a flu shot. If you have not yet been vaccinated this year, it's not too late. When you get vaccinated, you are not just protecting yourself. You are also protecting the people you love," said Health Commissioner, Eric Zgodzinski.

The Toledo-Lucas County Health Department offers the **Quadrivalent Influenza Vaccine**, protecting you from four different flu viruses, and high-dose for those 65 years and older. To schedule an appointment for a flu shot or individuals requiring special accommodations, please contact the Health Department at 419-213-4163 to set up an appointment.

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