15-11 - Flu Season

Los Angeles County Sheriff's Department

NEWSLETTER

Field Operations Support Services, (323) 890-5411

FLU SEASON

The Center for Disease Control and Prevention (CDC) has recently officially declared the flu illness an epidemic. The most recent flu activity report for the 2014-2015 flu season shows that flu season in the United States has begun, and about half the country is experiencing high levels of flu activity. Though the number of flu cases reported in California is minimal, the number of cases is expected to rise. CDC recommends an annual vaccination for everyone 6 months and older. Most of the viruses spreading this season are different from what is in the vaccine, but a vaccination can still provide protection and might reduce severe outcomes such as hospitalization or death.

If you haven't been vaccinated this season, consider getting your flu vaccine now.

Preventative Steps

- Try to avoid close contact with sick people.
- 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.
- While sick, limit contact with others as much as possible to keep from infecting them.
- 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 get the flu, see your doctor and take antiviral drugs, which are prescription medicines (pills, liquid, or an inhaled powder) that are not available over the counter. They can make illness milder and shorten the time you are sick.

For additional information about the flu, visit the Center for Disease Control and Prevention website at: http://www.cdc.gov/flu/index.htm?mobile=nocontent

Information regarding the content of this newsletter may be directed to Field Operations Support Services.