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Date: Friday, March 3, 2017

For Immediate Release

Visitor Restrictions and Healthcare Worker Precautions Continue Due to Reports of High Influenza Activity in the Community.

It's Not Too Late to Vaccinate

Winnebago County Health Department (WCHD) reports continued high numbers of influenza cases in our community, with expectation of continued high number of cases in the coming weeks. CDC is reporting widespread influenza activity throughout the State of Illinois.

In light of the high number of influenza cases in the Rock River Region, OSF Saint Anthony Medical Center, Mercyhealth, and SwedishAmerican Health System, are continuing to restrict the age of visitors to their facilities per recommendations from Illinois Department of Public Health and the Winnebago County Health Department. Healthcare workers are also taking additional precautions to protect against the spread of influenza.

“It is not too late to get a flu vaccination. It is important everyone 6 months of age and older who has not received a flu shot this season, receive this vaccination as soon as possible. By being vaccinated you reduce your risk of illness, hospitalization, or even death; and you help prevent the spread of flu to others. It is important to implement all precaution to prevent contracting and spreading the flu,” said Winnebago County Health Department Public Health Administrator, Dr. Sandra Martell.

Symptoms of influenza can include the sudden onset of fever, chills, headache, and muscle aches, as well as a cough or sore throat. These symptoms are often similar to cold symptoms, but come on more swiftly and are more pronounced.

In addition to getting a flu shot, it is recommended to follow the 3 C's: clean, cover and contain.

- **Clean** - frequently wash your hands with soap and warm water.
- **Cover** – cover your cough and sneeze.
- **Contain** – contain your germs by staying home if you are sick.

If you are sick with flu-like illness, WCHD recommends that you stay home for at least 24 hours after your fever is gone.

For more information on influenza visit the Winnebago County Health Department website at www.wchd.org. Be sure to visit the Winnebago County Health Department's [Facebook](#) and [Twitter](#) pages.