



# Upper Missouri District Health Unit

*"Your Public Health Professionals"*

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## NEWS RELEASE

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### Influenza Prevention

Williston, N.D. –The Upper Missouri District Health Unit (UMDHU) wants to remind people of the ways to protect themselves from influenza. Influenza is widespread in our area now.

To protect yourself, friends and family from influenza:

- Get a flu vaccine as soon as possible if you have not already had one this season.
- Wash hands frequently.
- Cover your mouth and nose with your arm or use a tissue when coughing or sneezing. It may prevent those around you from getting sick.
- As always, if you are ill you should stay home from work, school or recreational activities to avoid spreading the infection to others.
- Avoid close contact with people who are coughing or otherwise appear ill.
- Avoid touching your eyes, nose and mouth. Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.

“Even though there has been some drift in one of the varieties of influenza, influenza vaccine offers protection from several strains and this year the vaccine is working for those other strains.” Says Kathy Stenson, Public Health Nurse at UMDHU. “Influenza is a deadly disease and your best protection is an influenza vaccination and is recommended by the Centers for Disease Control, North Dakota Department of Health and UMDHU.”

The symptoms of influenza are fever, cough, sore throat, runny or stuffy nose, muscle or body aches, headaches, fatigue and chills. This should not be confused with the “stomach flu” which is caused by other “bugs” and is characterized by vomiting and diarrhea.

For more information please go to [www.umdhu.org](http://www.umdhu.org) or call 1-877-572-3763.

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Also more information can be found at <http://www.ndflu.com/> the North Dakota Department of Health website