



## **SOMERSET COUNTY HEALTH DEPARTMENT**

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### **FLU LIKE SYMPTOMS ARE AFFECTING COUNTY RESIDENTS**

**Westover, Md.** – The Somerset County Health Department has seen an increase in county residents exhibiting influenza-like illness (ILI). Symptoms have included fever, cough, and sore throat. Flu viruses and other similar viruses are spread mainly by droplets made when people who are ill cough, sneeze or talk. Vaccinations against the flu are still the best protection. Here are some other tips to keep you and your loved ones healthy:

- **Wash your hands** often with soap and water or an alcohol-based hand rub.
- **Teach children not to share personal items** like drinks, food or unwashed utensils, and **to cover their coughs and sneezes with tissues**. Covering up their coughs or sneezes using the elbow, arm or sleeve instead of the hand when a tissue is unavailable.
- **Know the signs and symptoms of the flu**. Symptoms of the flu include fever (100 degrees Fahrenheit, 37.8 degrees Celsius or greater), cough, sore throat, a runny or stuffy nose, body aches, headache, and feeling very tired. Some people may also vomit or have diarrhea.
- **Do not go to work or send children to school if feeling sick**. Staying home with a fever will reduce the number of people who may get infected.

The Somerset County Health Department continues to hold mass clinics for flu vaccinations at 7920 Crisfield Highway in Westover every Tuesday from 9:00am to 4:00pm. The vaccine is available to adults and children older than 6 months. It is recommended that everyone 6 months of age and older receive the flu vaccination annually. To schedule an appointment or for more information, call 443-523-1740.

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