

**Mission:**

To protect, promote & improve the health of all people in Florida through integrated state, county & community efforts.



**Rick Scott**  
Governor

**John H. Armstrong, MD, FACS**  
State Surgeon General & Secretary

**Vision:** To be the **Healthiest State** in the Nation

For Immediate Release

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## **INFLUENZA (Flu) ADVISORY STILL IN EFFECT FOR MARTIN COUNTY**

(Martin County, FL) – An influenza advisory remains in effect for Martin County following higher than normal rates of influenza and influenza like illness (ILI).

Seasonal influenza is a contagious respiratory disease caused by influenza viruses. Symptoms of influenza include headache, fever, severe cough, runny nose or body aches.

The Florida Department of Health in Martin County, Epidemiology Division monitors influenza cases throughout the county through several surveillance systems including visits to Emergency Rooms and laboratory confirmed influenza cases.

Influenza rates in the county have been on the rise for several weeks with a higher than normal number of lab confirmed cases from December 21 through January 3. Lab confirmed reports from last week show an increase in cases for persons 64 years of age and older.

Residents are urged to practice prevention:

- Get vaccinated against Influenza. It's recommended that everyone over the age of six months get vaccinated.
- Wash your hands often with soap and water, If soap and water is not available, use an alcohol-based hand sanitizer.
- Cover your cough and sneeze. Cough and sneeze into your sleeve or a tissue. Throw the tissue into the trash after you use it.
- Stay home when you are sick and avoid close contact with people who are sick.
- If you experience Influenza like illness, contact your doctor for guidance. Medication to lessen the severity of the symptoms may be prescribed by your doctor.

For more information about influenza or to find influenza vaccine providers in your area, log on to [www.MartinCountyHealth.com](http://www.MartinCountyHealth.com) and click on the Influenza (flu) information banner at the top of the screen.

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