



## **HEALTH AND WELLNESS SERVICES**

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### **January 29, 2018**

As many of you are aware, Wisconsin and the rest of the nation is experiencing an intense influenza season. Currently, our northeast region of the state continues at “high levels” of influenza-like illness activity.

Influenza is a contagious disease that infects the respiratory tract (nose, throat and lungs). Symptoms can come on suddenly with fever, headache, tiredness, dry cough, sore throat, nasal congestion and body aches.

Health and Wellness Services is urging people to stay home if they are sick to avoid spreading sickness. If you are experiencing fever, cough and/or sore throat, body aches or fatigue stay home until 24 hours after fever is gone (without the use of fever-reducing medication).

It is also important to note that it is not too late to get a flu shot, Health and Wellness Services encourages anyone who hasn’t done so to get vaccinated.

In addition to staying home when sick and vaccination, always remember to:

- Cover your cough
- Wash your hands
- Get plenty of rest and drink fluids

Please see the attached fact sheet on influenza. If you have any questions, please do not hesitate to contact Health and Wellness Services or your local healthcare provider.