

County of Moore
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FOR IMMEDIATE RELEASE

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Influenza (Flu)

Influenza, also known as the flu, is a contagious respiratory disease caused by viruses. There are several varieties of flu. Currently, North Carolina has both seasonal flu and H1N1 flu cases. Evidence shows that most of the flu cases in North Carolina now are caused by the H1N1 strain.

Flu symptoms may include: fever, headache, extreme tiredness, cough, sore throat, stuffy nose, body aches, and diarrhea.

If you are sick with a flu-like illness, please contact your family physician. People with flu symptoms should stay home for 7 days after symptoms begin or until symptom-free for 24 hours, whichever is longer.

For more information about the H1N1 flu, visit <http://www.ncdhhs.gov/> or <http://www.cdc.gov/h1n1flu/>.

“To Promote Health through Prevention and Control of Disease and Injury.”

Appointments
947-3395

Environmental Health/Animal Control
947-6283

947-2858

WIC
947-3271