

County of Moore
Department of Health
705 Pinehurst Avenue • P.O. Box 279
Carthage, North Carolina 28327

Robert R. Wittmann, M.P.H.
Director

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FOR IMMEDIATE RELEASE

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Flu Season is in Full Swing Across North Carolina and the United States

North Carolina Public Health Officials report that flu (seasonal influenza) is now widespread across the state. Flu is a serious contagious disease that can lead to hospitalization and even death. Flu-like symptoms include: fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, and/or fatigue. Some people also may have vomiting and diarrhea. People may be infected with the flu and have respiratory symptoms without a fever.

Moore County Health Department urges individuals to take the following precautions against the flu:

- Get a Flu Vaccination:

- CDC recommends a yearly flu vaccine as the first and most important step in protecting against flu viruses. Everyone 6 months of age and older should get a flu vaccination.
- Vaccination of high risk persons is especially important to decrease their risk of severe flu illness. People at high risk of serious flu complications include young children, pregnant women, people with chronic health conditions like asthma, diabetes or heart and lung disease and people 65 years and older.

- Stop the Spread of Flu Germs:

- Wash your hands often with soap and water.
- If you're sick, talk to your doctor and stay home from work or school, avoiding contact with others until at least 24 hours after you no longer have a fever.

"To Protect and Promote Health through Prevention and Control of Disease and Injury."
<http://www.moorecountync.gov/health/>

Environmental Health
Telephone: 910-947-6283
Fax: 910-947-5127

Animal Center
Telephone: 910-947-2858
Fax: 910-947-5952

WIC
Telephone: 910-947-2797
Appointments: 910-947-3271
Fax: 910-947-2460

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- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it and wash your hands.

Getting vaccinated and taking the recommended precautions can help protect you, your family, and others from influenza. For more information about the flu, please consult the Moore County Health Department website at www.moorecountync.gov/health.

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