



NEWS

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Influenza Activity Increases in Montgomery County

Norristown, PA (Jan. 26, 2018) – The Montgomery County Health Department (MCHD) is continuing to see an increase of influenza (flu) cases in Montgomery County and is informing its residents that it is not too late to get a flu vaccine. Getting a flu vaccine is the single best way to protect adults and children from flu.

As of Jan. 26, for the current 2017-2018 flu season, Montgomery County has had 148 confirmed cases of flu and 939 suspect/probable cases of flu. Out of those reported, 131 individuals were hospitalized and four have died from flu, including a 4-month-old child in early January, who was too young to receive the flu vaccine consistent with the Centers for Disease Control and Prevention (CDC) flu vaccination guidelines.

CDC recommends the following actions to fight the flu: take time to get your flu vaccine, take everyday prevention actions to stop the spread of germs, and take flu antiviral drugs if your doctor prescribes them.

The CDC recommends that children 6 months of age or older get vaccinated against the flu. For children who are younger than 6 months, it is recommended that people who are around the child get vaccinated.

CDC identifies flu as a contagious respiratory illness that is caused by influenza viruses, which infects the nose, throat, and sometimes the lungs. It can cause mild to severe illness, and sometimes leads to death. Signs and symptoms of flu may occur suddenly. Common symptoms including fever, cough, sore throat, runny nose, and muscle/body aches.

Flu is transmitted by tiny droplets through coughing, sneezing and even talking with people who have the flu. People can pass flu to someone else even before they know they are sick. Flu is contagious the day before the start of symptoms and up to seven days after becoming sick, but most commonly during the first three to four days after symptoms start.

It is always important to remember that if you are feeling sick, to stay home for 24 hours after fever resolves,

except to seek medical care and medication. People who are ill should try to stay away from others as much as possible to help prevent the spreading of flu. Additional tools to help stop the spread of flu is covering your cough and sneezes, as well practicing good hand hygiene, which includes washing your hands frequently.

For more information on flu prevention, visit: www.montcopa.org/influenza. For more information on MCHD flu clinics, visit: www.montcopa.org/flu.

CDC recommends people get vaccinated for flu by the end of October. However, it is not too late to get the vaccine now if you are not currently vaccinated. MCHD still has hundreds of flu vaccines available throughout the county at the following times and locations:

Norristown Health Center

1430 DeKalb Street, Norristown, PA 19404

610-278-5145

Mondays - children under 19 years old by appointment only (times vary), please call for an appointment

Tuesdays - all ages on a walk-in basis from 9:00am-3:00pm

Pottstown Health Center

364 King Street, Pottstown, PA 19464

610-970-5040

Mondays - all ages on a walk-in basis from 9:00am-3:00pm

Wednesdays - children under 19 years old by appointment only from 2:30pm-6:00pm, please call for an appointment

Willow Grove Health Center

102 York Road, Suite 401, Willow Grove, PA 19090

215-784-5415

Wednesdays - all ages on a walk-in basis from 9:00am-3:00pm

Thursdays - children under 19 years old by appointment only from 9:00am-12:00pm, please call for an appointment