



# NEWS

[www.pueblohealthdept.org](http://www.pueblohealthdept.org)

101 W. 9th Street, Pueblo, CO 81003

Tuesday, November 1, 2016

Contact: Sarah Joseph, Public Information Officer  
(719) 583-4526 phone

## **Influenza Confirmed in Pueblo County**

Pueblo, CO –Public Health Officials in Pueblo announced the first confirmed influenza “flu” case in Pueblo County, the individual is an adult.

“This first hospitalized flu case confirms flu is circulating in the Pueblo community,” said Kathy Nelson, program manager of the Environmental Health and Emergency Preparedness Division at the Pueblo City-County Health Department. “Now is a good time to get the flu vaccine as the vaccine takes about two weeks for protection to set in,” Nelson added.

“It is important for high-risk individuals with health problems, elderly, or babies under six months old, to avoid public events and crowds in order to decrease exposure to the virus,” Nelson emphasized.

Symptoms of the flu start suddenly and may include the following:

- Fever (usually high)
- Headache
- Tiredness (can be extreme)
- Cough
- Sore throat
- Runny or stuffy nose
- Body aches
- Chills and fatigue
- Vomiting and diarrhea (more common in children)

“When you experience symptoms of the flu, stay home until 24 hours after your fever is gone without the help of fever reducing medicines,” encouraged Nelson. This limits the spread of the virus.

Flu vaccine is available in Pueblo. Individuals with insurance are encouraged to check with their physician or local pharmacy for flu vaccine. The Health Department will offer vaccine to uninsured adults by appointment, call the Health Department’s clinic at 583-4380. Watch the newspaper and social media for local flu clinics.

-more-

**PREVENT • PROMOTE • PROTECT**

## **Flu Confirmed in Pueblo 2016**

For additional protection during cold and flu season, wash your hands often, cover your cough with your sleeve or a tissue. Stay home when you are sick, and keep sick children home, for at least 24 hours after fever ends.

Take three steps to prevent the flu:

**1) Get your flu vaccine.**

Visit your doctor or pharmacist to get the latest flu vaccine.

**2) Take everyday actions to stop the spread of germs.**

Cough or sneeze into a tissue or a sleeve. Wash your hands frequently (with soap and water for at least 20 seconds). Avoid touching your eyes, nose and mouth.

**3) Stay home if you are sick with flu symptoms.**

Stay home (and keep children home) when you are sick for at least 24 hours after fever ends. Take anti-viral drugs if your doctor prescribes them.

Community flu vaccination information and guidelines are on the Centers for Disease Control and Prevention website [www.cdc.gov/flu](http://www.cdc.gov/flu). For more information on Colorado immunizations, visit [facebook.com/immunizeCO](https://facebook.com/immunizeCO) and [twitter.com/ImmunizeCO](https://twitter.com/ImmunizeCO).

###