

Influenza

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Influenza is a respiratory illness caused by influenza viruses that infect the nose, throat, and sometimes the lungs. Symptoms include cough, fever, sore throat, runny nose, muscle aches, and headaches. This year's Influenza season was declared by Tri County Health in Ferry County on December 20, 2017.

Early reports suggest that this year's Influenza vaccine may not be as effective as first predicted against H3N2, this year's predominant strain. In order to prevent the spread of Influenza, even for those who have been vaccinated against it, the CDC recommends the follow:

- Avoid close contact with sick people
- While sick, limit contact with others as much as possible to keep from infecting them.
- If you are sick with flu symptoms, stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone for 24 hours without the use of a fever-reducing medicine.)
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand sanitizer.

- Avoid touching your eyes, nose and mouth. Germs spread this way.
- Clean and disinfect surfaces and objects that may be contaminated with germs like the flu.

In an effort to help prevent the spread of Influenza to our patients, residents, and staff, FCPHD has implemented Phase I of Visitation Guidelines recommended by the Region 9 Healthcare Coalition and the Spokane Regional Health District. These guidelines include requesting all visitors and patients with flu-like symptoms to wear a mask during their entire visit and to perform hand hygiene when entering and leaving the facility. Masks, hand sanitizer, and tissue are located at Flu Stations located at all entry points of the Hospital, Clinic, and Rehab Therapy.

For more information on Influenza:

- <https://srhd.org/news/2018/a-message-from-the-health-officer-flu-status-of-spokane-county>
- <https://www.doh.wa.gov/YouandYourFamily/IllnessandDisease/Flu>
- <https://www.cdc.gov/flu/protect/preventing.htm>

Prior Hospital Happenings available at <http://www.fcphd.org/news.html>.

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