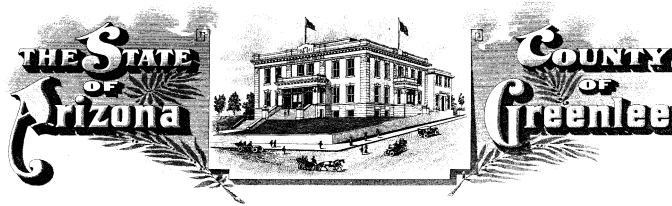


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**Greenlee County Health Department**  
**STEVE RUTHERFORD**  
**DIRECTOR**

**FOR IMMEDIATE RELEASE**  
**Thursday, January 4, 2018**  
**Greenlee County, Arizona**

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**NEWS RELEASE**  
**Widespread Influenza Activity in Greenlee County**

The Greenlee County Health Department is currently investigating more than seventy (70) cases of laboratory confirmed influenza. There have been over 8,000 confirmed cases in the State of Arizona so far this season. This early increase is not normally seen in Greenlee County, or in the State of Arizona. The Center for Disease Control and Prevention (CDC) has been tracking an increase in influenza nationally.

According to the Greenlee County Health Department Director, Steve Rutherford, the County Health Department will be monitoring this increase, working with local schools and health care providers to minimize the spread of influenza, and offering information and resources to County Residents to prevent this potentially deadly disease. The County is offering flu shots to all Greenlee County Residents.

Influenza is a highly contagious respiratory illness caused by the influenza virus. It can cause mild to severe illness. Serious outcomes of flu infection can result in hospitalization or death. Some people, such as older people, young children, and people with certain health conditions, are at high risk of serious flu complications.

**Symptoms can include**

- Fever
- Cough
- Sore Throat
- Muscle Aches
- Headache
- Fatigue (tiredness)

**Prevention**

- Get vaccinated. Flu vaccination can reduce flu illnesses, doctors' visits, and missed work and school due to flu, as well as prevent flu-related hospitalizations.
- Try to 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-like illness, CDC recommends that you 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 rub.
- 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.

Influenza vaccine is available at your Health Care Provider's office in the county, or at the Greenlee County Health Department. For information regarding influenza you can go to the CDC Website at [cdc.gov](http://cdc.gov) or contact the Greenlee County Health Department at (928) 865-2601.

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