



Public Health

Idaho North Central District

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Press Release

FOR IMMEDIATE RELEASE

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HEADLINE: Influenza Like Illness Reported in North Central Idaho

LEWISTON, IDAHO - Public Health – Idaho North Central District has received reports of influenza-like illness throughout the region. Symptoms of influenza, commonly called “the flu”, include fever, body aches, lack of energy, lack of appetite, headache, general aches and pains, cough and muscle weakness.

Most people with influenza will recover with plenty of rest, drinking clear fluids, and taking over-the-counter pain relievers to reduce fever and body aches. **Never give aspirin to children or teenagers who have flu-like symptoms, particularly fever.** If you would normally seek medical care for your symptoms, contact your health care provider.

The single best way to protect against seasonal flu is to get vaccinated each fall. The CDC has recommended seasonal flu shots for everyone over the age of 6 months.

In addition to seasonal flu vaccination, protect yourself and those around you by following the prevention tips below:

- Wash your hands thoroughly and often;
- Cover your cough and sneeze with your sleeve, not your hand;
- Stay home if you are sick. An individual must be free of fever for 24 hours without the use of fever reducing medications at which time people are generally no longer infectious;
- Avoid contact with those who are sick;
- Don't share food utensils or beverages with others;
- Eat a healthy diet and get plenty of rest.

To learn more, please call your health care provider, or Public Health - Idaho North Central District at 208-799-3100.